

all you

Enjoy life for less!

ISSUE 5, MAY 2015

CLEAR
CLUTTER
IN EVERY
ROOM

budget

SPRING RECIPES

◎ EASY WEEKNIGHT
DINNERS

◎ YUMMY
STRAWBERRY
DESSERTS

◎ FUN
PARTY
IDEAS

*plus
more!*

SWIMSUITS
THAT FLATTER

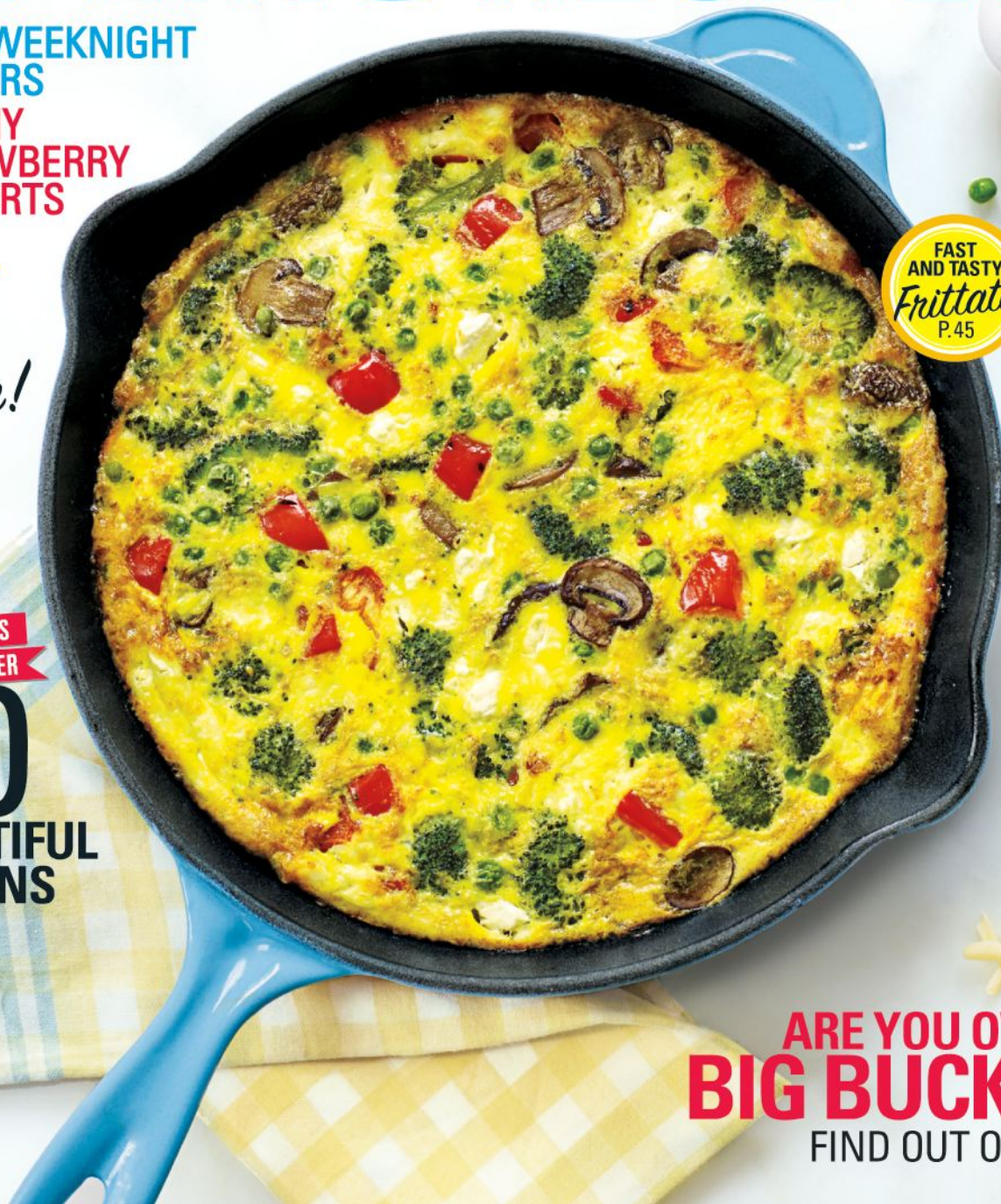
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BEAUTIFUL
OPTIONS

FAST
AND TASTY
Frittata
P.45

ARE YOU OWED
BIG BUCKS?

FIND OUT ON P.81





KEEP BEING HER FAVORITE PLAYMATE

Just because your bladder is changing doesn't mean you have to. TENA® InstaDRY™ pads have unique super-absorbent micro beads that lock in moisture and odor. **TENA LETS YOU BE YOU.**



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EXCLUSIVE WAYS TO SAVE

➔ 1 IN PRINT

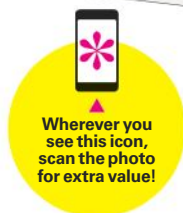
Scan for bargains on products and recipe ingredients. Use your smartphone to scan product photos on specially marked pages to purchase items you like. You also can scan recipe photos, then organize menus, create a shopping list and find nearby bargains on ingredients. Here's how to do it:

DOWNLOAD THE FREE DIGIMARC APP

(available at Google Play and iTunes). Launch it, then hover your phone 4 to 7 inches above the picture (line it up in the on-screen crosshairs).

IF YOU'VE SCANNED A PRODUCT PHOTO, your browser will open to a page where you can comparison-shop, buy an item or sign up to receive price-drop alerts.

IF YOU'VE SCANNED A RECIPE PHOTO, your browser will open to our sister site myrecipes.com. Save the recipe to your MyRecipes account, then make menus, shopping lists and more. Don't have an account? Sign up on the spot.



➔ 2 ON MOBILE

Do you read *All You* on an Android device, an iPad or iPhone or a Kindle Fire? With our Shop Now service, you can buy featured products, compare prices or sign up for price-drop alerts. Just connect to the Web, then tap the pink bar at the top of the screen.

*** TAP HERE TO SHOP!**



➔ 3 ONLINE

Visit allyou.com/coupons-deals to snag up to \$500 worth of coupons each month. Sign up for our Daily Free Sample Newsletter at allyou.com/newsletters. We find the best freebies and send them straight to your in-box Monday through Friday.



THIS MONTH'S COUPONS AND DEALS

- Bloomnation.com, 15% off (p. 95)
- Butterball turkey bacon, 75¢ off (p. 44)
- Cyberswim.com, 20% off (pp. 27 and 28)
- Freecountry.com, 15% off (p. 24)
- Fullbeauty.com, 20% off (p. 29)
- Mixtureonline.com, 20% off (p. 9)
- Monograms.com, 20% off (p. 65)
- Persil detergent, \$2 off (p. 14)

FIND OUR COVER STORIES



ENJOY THE BEST OF THE SEASON!

Springtime, with its abundance of fresh produce, is a great time for delicious family meals made with garden-grown ingredients, like the frittata on our cover. Turn to page 45 for the crowd-pleasing recipe—just right for breakfast, lunch or dinner!

COVER PHOTO: ANTONIS ACHILLEOS, FOOD STYLING: ADRIENNE ANDERSON, PROP STYLING: GERRI WILLIAMS FOR JAMES REPS

A NOTE ON BUYING COUPONS

Since we started *All You* more than 10 years ago, our mission has remained the same: researching and writing reliable stories that will save you money, whether you're buying groceries, planning a family vacation or starting a retirement fund. In our April issue, we offered expert-proven tips for saving on organic and other healthy food. But as some longtime readers have pointed out, we weren't clear about one strategy: purchasing coupons on eBay. Although there are coupons for sale on eBay, most manufacturer's coupons are void if transferred or sold. It's critical to check the terms and conditions of coupons, as well as of any site that offers them. There are plenty of free coupons, or ones you can get with a purchase, and that remains the best way to collect them. Never ignore the fine print, or the legal and ethical aspects of obtaining and using coupons—including multiple redemptions and other "extreme" practices. As always, thanks for reading *All You* so faithfully and suggesting ways we can continue to provide the well-researched and trusted information you value as much as we do each of you.



LIFE CAN GET BUMPY

*we make it a
little smoother*

SLEEVEAGE?

☑ *Solved.*

MUFFIN TOP?

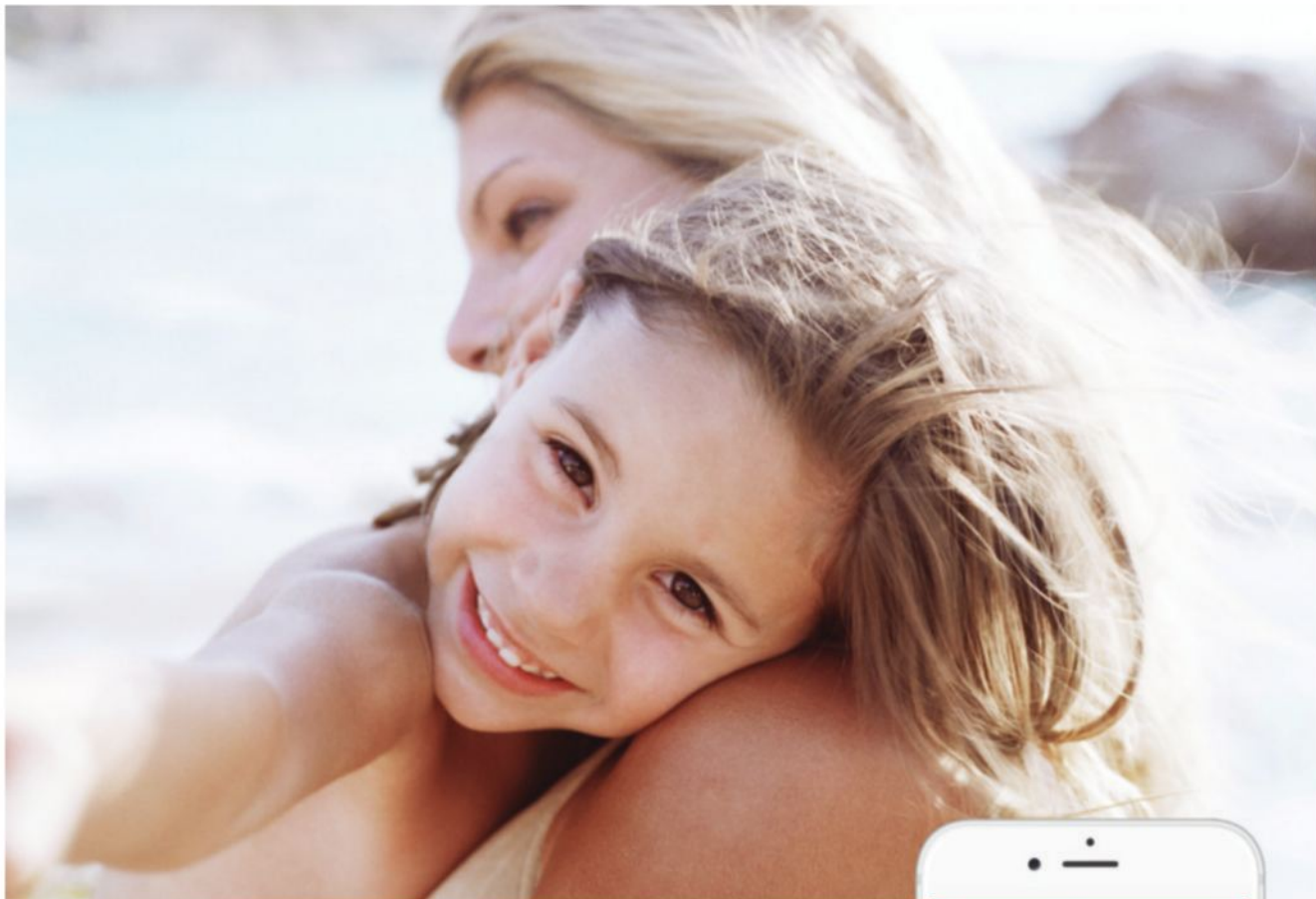
☑ *Gone.*

BACK BULGE?

☑ *Buh-Bye!*

blissfulBENEFITS
by **warner's**®

Only at Walmart 

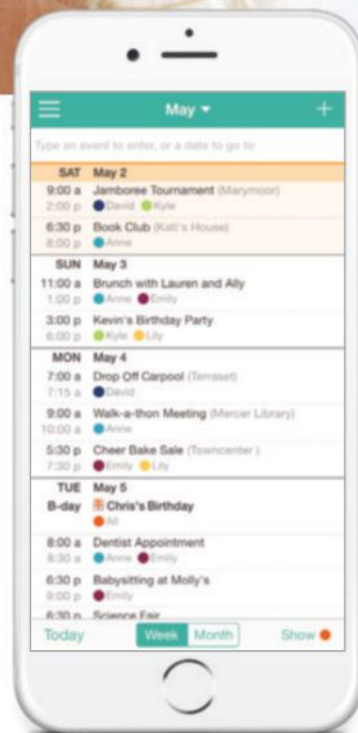


**MOM'S TO-DO LIST WAS TOO LONG.
HER DAYS WERE TOO SHORT.
BUT HER HUGS WERE JUST RIGHT.**

Your kids don't need perfection. They need you.
Let **COZI** manage the details so you can focus
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Cozi tracks everyone's schedules and lists,
and reminds the family so you don't have to.

Happy Mother's Day.



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from the *EDITOR*

I have been working on ALL YOU since 2006, and I still get a thrill when I hold a new issue in my hands. My staff and I work hard to make the magazine beautiful, but most of all we want it to be useful.

A lot of you who read ALL YOU are moms, as I am, so we seek out content that helps you every day. If your home is anything like mine, you're in charge of pretty much every practical matter (although my wonderful husband does oversee lawn care, computer equipment and everything about the car). It's like being CEO of a small company. With luck you can delegate some chores to your kids as they get older; but for the most part, keeping the house running falls on you.

This month we have a piece designed to make things easier. Turn to page 66 for a deep dive on using technology for all sorts of time-consuming tasks including meal planning, sorting junk mail and organizing photos. These days gadgets can be a mom's best friend!

Clare McHugh, editor
clare@allyou.com

SCOTT JONES (MCHUGH)

THANKS TO ALL THE READERS WHO HELPED CREATE THIS ISSUE



Want to use social media to promote your next garage sale? Nichole tells you how.
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Lora Ayres, 47
GRAND BLANC, MICH.

Andrea Bennett, 57
NARBERTH, PA.

Mary Ann Buckley, 47
HUNTINGDON, PA.

Linda Dillon, 66
CALEDONIA, MICH.

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FORT SMITH, ARK.

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ST. LOUIS

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RICHARDSON, TEXAS

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NEW PORT RICHEY, FLA.

Sarina Walden, 62
AUSTIN, TEXAS



Lora loves homemade Mother's Day presents—and so do we!
PAGE 6



Joan has some no-nonsense advice about sunscreen.
PAGE 36



Stephanie discovered unclaimed cash that's helping her pay her mom's home-care costs
PAGE 82



Planning your summer vacation? Lily has a great idea for keeping costs down.
PAGE 65



Sandy's pet puggle is a cutie, but his chewing habit has to stop.
PAGE 85



EASY RECIPES DELIVERED TO YOUR IN-BOX

Always wondering what to cook for dinner? Looking for budget-friendly recipes, like the ones you find in ALL YOU? We have partnered with eMeals to provide a weekly ALL YOU meal plan that is sent directly to you via e-mail and the free eMeals app (Android, Apple). The seven dinner recipes (and bonus dessert) are well balanced, cost less than \$3.50 per serving and are designed to please the whole family. Visit allyou.com/MealPlan to learn more.



This soup is a great source of vitamin A.



From the November 2010 issue



Find the recipe at allyou.com/squash-soup, or get it by scanning the photo at left. See page 2.

'I made it!'

SQUASH SOUP WITH WHOLE-GRAIN CROUTONS

'MY TIP'

"This recipe is versatile and lets you experiment. I think adding coconut milk would give it a nice creamy texture. Making it in a slow cooker would deepen the flavor."

'MY TWEAK'

"I used 4 cups of stock and ½ cup water. Instead of croutons, I added maple-cinnamon roasted chickpeas on top. The chickpeas provide the same crunch as croutons but are gluten-free."

'MY REVIEW'

"I thought the soup was delicious and flavorful. I love that the recipe freezes well, so you can make it ahead of time and freeze in serving-size portions for easy meals on busy weeknights."



"I'm a huge fan of squash soup, and I love the simple ingredients list. The recipe seems easy enough for almost anyone to make."

Melissa King, 39, Richardson, Texas
mywholefoodlife.com

QUESTION WHAT'S YOUR FAVORITE MOTHER'S DAY TREAT?

33%

A HANDMADE CARD FROM MY KIDS

25%

HUBBY AND THE KIDS MAKING ME DINNER

17%

ANYTHING CHOCOLATE

15%

BREAKFAST IN BED

10%

FLOWERS



"My girls make me something at school every year. I love that their teachers take time out of their schedules to help the kids craft something."

—Lora Ayres, 47, Grand Blanc, Mich.

CHEAP TRICKS



CRAFTS

"I make pretty Mother's Day gift tags by cutting watercolor paper into long strips, then painting one side of each. After they dry, I cut them with a tag paper punch and stamp little messages on each one."

—Cheryl Sorce, aprettycoollife.com



DIY

"To cover up a hole in the wall behind my bed, I made a draped canopy. It took just 20 minutes using sheer curtain panels from Big Lots and curtain rods from Walmart. It looks great!"

—Lauren Greutman, iamthatlady.com



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Sodium diacetate.
Things only a chemist would love.
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- ✓ **Urine Odors**
- ✓ **Messy Clumps**

Every Home. Every Cat. There's a Tidy Cats For That.™
Find your litter match at tidycats.com/litterselector



5 ways to treat yourself this month

1 **WATCH IT**
GRACE AND FRANKIE
 Nearly 35 years after co-starring in *9 to 5*, Jane Fonda and Lily Tomlin reunite in this Netflix comedy as polar-opposite wives of longtime business partners (Martin Sheen and Sam Waterston). Fonda plays a straitlaced conservative, Tomlin a free-spirited bohemian. The two wives have never gotten along, but when their husbands announce they've been having an affair with each other for 20 years and want to wed, the ladies suddenly have a lot to talk about. Premieres May 8.



2 **USE IT**
SKIN LUMINIZER
 Want makeup that doesn't shout "Makeup!"? Accentuate your best features—from cheeks to collarbone and legs—with a dab of this highlighter infused with 24kt gold. Hard Candy Glow All the Way Luminizers, \$8 each; at Walmart.



Fonda and Tomlin



Mulligan

3

SEE IT
FAR FROM THE MADDING CROWD
 Downton Abbey fans, here's one for you! Based on the 1874 Thomas Hardy classic, this movie recounts the tale of alluring, willful Bathsheba (Carey Mulligan) and the men—a steadfast farmer (Matthias Schoenaerts), a handsome sergeant (Tom Sturridge) and a wealthy landowner (Michael Sheen)—who want to marry her. In time, she comes to learn the difference between passion and love. Opens May 1. (PG-13)

SCAN THE LUMINIZERS TO BUY THE PRODUCTS ON THIS PAGE. See page 2.

You supply a loved one's writing.

your time



4 **WEAR IT**
CUSTOMIZED NECKLACE

Turn a brief handwritten message into a charming pendant. Scan the handwriting and attach the digital file when you place your order online. Choose a silver or brass finish, and the Etsy shop Hendersweet does the rest. Prices start at \$30 for one pendant and chain. (Hint: Great for Mother's Day!) Handwriting memory necklace, \$38 (as shown); hendersweet.etsy.com.

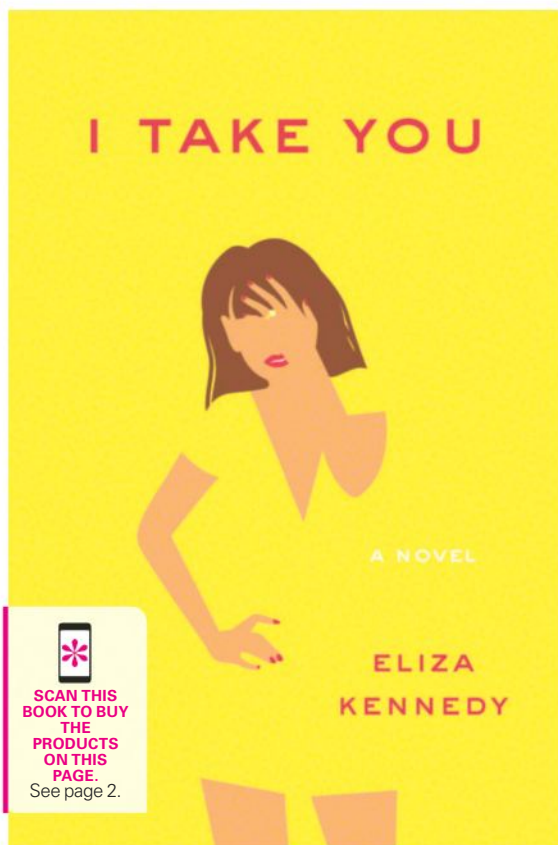


20% OFF sitewide at mixtureonline.com CODE: allyoumixture EXPIRES: 5/22/15

5 **BURN IT**
SOY VOTIVES

How do we love these little candles? Let us count the ways. They're handmade and recyclable. They come in 10 colors and more than 80 fragrances—and their burn time is a ridiculously long 20 hours. Even better, the glass containers make cute vases after the flames have gone out. Mixture 2-ounce colored votives, \$8 each; mixtureonline.com.

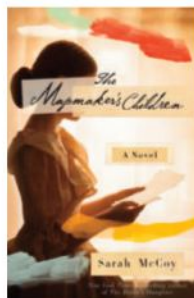
Curl up with a great read Give (or request!) one of these books for Mother's Day.



READ IT

I TAKE YOU By Eliza Kennedy

Lily Wilder, a whip-smart New York City lawyer, is not your typical bride-to-be. Instead of stressing over last-minute wedding plans, she's more consumed with boozing, partying and questionable decision-making. This is a delightful—and, yup, racy—romp through the six days before the wedding, as Lily evaluates whether monogamy is truly the best route for her.



READ IT

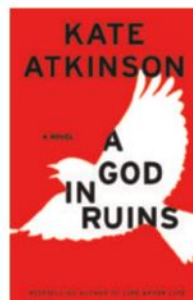
THE MAPMAKER'S CHILDREN

By Sarah McCoy

"The past and present are woven together in this inspiring story of two women living more than a century apart. In the 1850s, artist Sarah Brown creates the encoded maps that guide runaway slaves to freedom along the Underground Railroad. And in 2014, a heartbroken Eden Anderson makes a startling discovery that helps her redefine the meaning of family."



Sarina Walden, 62,
Austin, Texas

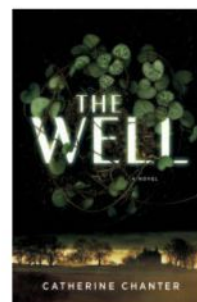


READ IT

A GOD IN RUINS

By Kate Atkinson

If you loved this author's time-shifting, history-recasting novel *Life After Life*, you likely will adore her follow-up. This time around, the brother of the previous book's star gets to have the postwar life he never expected to enjoy. Teddy, who is both a poet and a bomber pilot in the Royal Air Force, copes with survivor's guilt and makes meaningful choices for himself in peacetime Britain, where nothing is the same as it was before 1939.



READ IT

THE WELL

By Catherine Chanter

In this haunting debut novel, penned by Chanter in her 50s, a couple flees their troubled London existence for the extraordinarily fertile farm that is known as the Well. But their idyll is shattered when drought strikes every place in the United Kingdom but the Well. Soon the neighbors are shunning them, and their marriage combusts after the arrival of a fanatical religious order. Then an unthinkable act of violence threatens to undo them forever.



READ IT

PIECES OF MY MOTHER By Melissa Cistaro

"This memoir alternates between the author's childhood with her hard-working father and two brothers and part of her grown-up years caring for the sick mother who left when she was only 4. Melissa finds it painful to read the letters she discovered her mother wrote and never mailed. But they also help her to make sense of her mother's life—as well as her own."



Andrea Bennett, 57,
Narberth, Pa.



WE DO NOT
TAKE A TRIP;
A TRIP TAKES US.

—JOHN STEINBECK

INTRODUCING

kindlevoyage

BRILLIANTLY CRISP DISPLAY • REMARKABLY THIN DESIGN
EFFORTLESS PAGE TURNING • LIGHT THAT ADJUSTS WITH YOU

amazon

MAP IT OUT

Use GPS to get where you're going. Save the paper relics for these projects

EASY ART

Show your love for a locale

STUFF YOU HAVE

Scissors

Map

Heart-shaped paper punch OR cardboard and craft knife

Glue dots

STUFF YOU NEED

Lightweight card stock (7¢; at Staples)

2 frames (\$2; at Dollar Tree)

Step 1 Cut one piece of card stock and one piece of map to size of frames. Use paper punch to cut a heart out of center of map. Or, cut a heart template out of cardboard, place template on map and carefully cut around with craft knife.

Step 2 Open a frame. Place card stock on backing. Center heart on card stock and use glue dots to adhere. Open remaining frame. Place card stock on backing and lay map (with heart cut out of it) on top. Reassemble both frames.



SCAN THIS PHOTO TO BUY THE PRODUCTS IN THIS STORY. See page 2.

MAKE A BANNER

Follow your heart with a garland

STUFF YOU HAVE

Heart-shaped paper punch OR cardboard and scissors

Map

Thread

Sewing machine

Step 1 Use paper punch to cut hearts out of map. Or, cut a

heart template out of cardboard, place it on several thicknesses of map and cut around. Repeat until you have a dozen or so hearts.

Step 2 Thread sewing machine. Sew hearts together, side by side or top to bottom.



WRITE YOUR THOUGHTS

Take a new direction with a notebook

STUFF YOU HAVE

Ruler

Scissors

Map

Paintbrush

Glue

STUFF YOU NEED

Notebook (33¢; at Dollar Tree)

Mod Podge (\$1; at Walmart)

Step 1 Measure cover of notebook (front,

back and spine) and add an inch to length and width. Cut map to size.

Step 2 Apply Mod Podge to cover with a brush. Center notebook on wrong side of map; wrap map around notebook. Let dry.

Step 3 Snip away excess at spine. Fold map to inside of cover. Glue edges securely.



SEND A NOTE

Let your words travel afar

STUFF YOU HAVE

Map, cut into a square (6" is the size shown)

Ruler

Pencil

STUFF YOU NEED

Round label (17¢; at Staples)

Adhesive mailing label (3¢; at Staples)

Step 1 On wrong side of map, use ruler to find center of square and make a dot.

Step 2 Fold three points of square to center, letting them overlap slightly. Place note in envelope. Fold fourth point down and seal with round label. Adhere mailing label to front of envelope.

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yourself

QUICK BEAUTY TIPS, STYLE TRENDS AND INSIDER ADVICE TO HELP YOU LOOK AND FEEL GREAT



SCAN THE
SUNGLASSES
AT RIGHT
TO BUY THE
PRODUCTS
ON THIS
PAGE.

See page 2.



(1)

35%

OF U.S. ADULTS
DON'T KNOW IF
THEIR SUNNIES
HAVE UV
PROTECTION.

Source: Vision Council's
2014 UV Report

Affordable and Safe

SHADES

Try on stylish sunglasses that flatter your face shape and protect your peepers

YOUR FACE SHAPE IS:

■ Square

Balance sharper features with curved styles such as aviators.

(1) Polo sunglasses, Foster Grant, \$10; at CVS.

YOUR FACE SHAPE IS:

● Oval

Lucky you! Most styles flatter your face.

(2) Andorra sunglasses, \$20; sunglasswarehouse.com.

YOUR FACE SHAPE IS:

● Round

Wayfarer styles help elongate the face, making it look thinner.

(3) Polarized Amber Fort Knocks in tortoiseshell, \$30; knockaround.com.

YOUR FACE SHAPE IS:

♥ Heart

Go big! Oversize square frames can minimize a broader forehead, helping to draw attention toward the chin.

(4) iWear sunglasses, \$15; initials-inc.com.



(3)



(4)



GENIUS!

Grippy combs keep these glasses in place when you push them to the top of your head.

Alma Mater sunglasses, StaysOn Eyewear by Fantaseyes, \$20; staysonyewear.com.

NOT SURE which category you fall into? Upload a photo to sunglasshut.com (look for the "Find Your Fit" tab) and the site will figure it out for you! With the virtual mirror, you also can "try on" a few pairs to see which style works best.

BRIAN HENN (STILL LIVES)



YOU SAID IT... *"I love the aviator look. It's a bit retro, with a Top Gun feel, but there are so many new options to pick from that feel fresh."* —Mary Ann Buckley, 47, Huntingdon, Pa.

Show 'em Some SKIN

Our guide to summer skin care guarantees that every square inch of you is smooth, golden and in show-off shape

SOFTEN UP

Sloughing off dead cells not only results in skin that is infinitely more touchable—it also gives it a sexy sheen and even makes you appear more toned. How? Exfoliation speeds up cell turnover for instant radiance, and it stimulates collagen production for firmness. Because the sun's rays can parch skin, treat it with TLC by using a gentle scrub (try one with a moisturizer such as avocado oil, macadamia seed oil or shea butter) a few times a week, massaging it in with firm circular motions. The best time



Editors' pick
Tree Hut Shea Sugar scrub in Passion Fruit and Guava, \$8; ulta.com.

to buff is at the end of a lukewarm shower; the warmth opens up pores, making it easier to nix old cells. Slather on a body lotion before you towel off—damp skin absorbs and locks in nourishing ingredients better than dry. Look for a lightweight formula that contains glycerin, ceramides or dimethicone to hydrate skin without clogging pores. (A cool trick: Turn your lotion into a refreshing treat by keeping it in the fridge between applications.)



Editors' pick
Cetaphil Intensive moisturizing cream, \$8; at mass retailers.

DRINK IT IN!

NOT ALL MOISTURIZERS COME IN A BOTTLE. ENJOY THESE WATER-PACKED FRUITS AND VEGGIES WHEN YOU'RE RUNNING LOW




SCAN
THIS PHOTO
TO BUY THE
PRODUCTS
IN THIS
STORY.
See page 2.

SNEAKY SKIN SABOTEUR

The warm days ahead provide plenty of opportunities to kick back with a cocktail, but alcohol is dehydrating and can sap your glow. What's more, many summer drinks are loaded with sugar (which increases the body's glycemic level and might trigger breakouts) and salt (which leads to puffiness). Head off problems by sipping a glass of water between cocktails.

LOVE THOSE LEGS

Before whipping out a blade, let shaving cream sit on your skin for 30 seconds; this softens tiny hairs and makes them stand up so you can get nice and close. For the smoothest shave, use a hydrating cream and a razor with lubricated blades. Are you a sensitive type? Try this trick to tame the pain: Before bed, apply a light coat of body oil to the areas you plan to shave the next morning, including legs, underarms and bikini lines. Your skin will thank you!

Editors' pick
Eos shave cream in Pomegranate Raspberry, \$4; at mass retailers.



Sources: Paul Jarrod Frank, MD, Adam Friedman, MD, Elizabeth Hale, MD, Debra Jaliman, MD, and Ariel Ostad, MD, all dermatologists in New York City; Sam Sanandaji, DPM, a podiatrist in Los Angeles; Amy Taub, MD, a dermatologist in Illinois

SMOOTH THINGS OVER

Dimples on your face? Adorable. On your thighs and butt? Not so much. Unfortunately, no matter how much you exercise or what you eat, there's no cure for cellulite. The good news is you can make it less obvious with creams that contain caffeine (it dehydrates and temporarily shrinks fat cells, so skin seems firmer) and peptides (which stimulate the production of collagen and elastin). Another way to lessen that cottage-cheese look is with a deep-tissue massage, because improved circulation helps break up the puckering and dimples. Reach for a rolling pin—seriously, the kind you bake with—or a body brush that has rounded nubs, then firmly run it up and down trouble spots 20 times once each day.



Editors' pick
Vichy CelluDestock, \$40; vichyusa.com.

Editors' pick
Sally Hansen Big Shiny topcoat, \$6; at mass retailers.



SAVE YOUR SOLES

After months of being imprisoned in shoes and heavy boots, your feet are ready to break free. Buff away the rough stuff and add pretty color with an easy DIY pedicure. First, gently go over your skin—heels especially—with a dry pumice stone; rinse and towel-dry. (Bonus: It'll help the lotion sink in better.) Next, apply a foot cream that has nourishing avocado oil or shea butter. Swipe nails with remover to create a clean surface for polish to grab onto, then brush on a bright hue (coral, violet, sea blue and even lime green are trending big this summer). Finish with a long-wear topcoat that has UV inhibitors to prevent color fade. For an extra hit of durability and hydration, brush on cuticle oil daily.

GET GLOWING

Want to create a healthy “just got back from Maui” glow but afraid of making a streaky, orangy mess? No worries: A gradual bronzing lotion can help you baby-step into color by letting you build a natural-looking tan over a few days. For quicker results, opt for a rapid-release mousse—it blends easily into the skin, dries fast and can leave you a full shade darker in about an hour. Use the palms of your hands to blend self-tanner into your skin, making light circular motions (fingers tend to create stripes). And don't skimp. There's only a certain amount of tanner that your skin can absorb, so you can't apply too much, whereas too little is apt to result in uneven color.



Editors' pick
Suave Professionals Visible Glow self-tanning body lotion, \$8; walmart.com. Jergens Natural Glow Instant Sun self-tanning mousse, \$12; at mass retailers.

THE all you **FRAGRANCE AWARDS**

It was a smell-all, tell-all: A panel of ALL YOU readers sniffed out 50 top new scents that cost less than \$75, identifying standout picks for every perfume personality *By Holly Dawsey*

MOST SUMMERY SCENT

ESCADA TURQUOISE SUMMER
\$60 for 1.7 oz.; sephora.com.

With a cocktail of strawberry, raspberry and peach notes, this sorbetlike scent is fun and youthful. One spritz evoked in testers happy memories of *summers at the beach and afternoons on the boardwalk.*

MOST LAID-BACK SCENT

J BY JENNIFER ANISTON

\$55 for 2.9 oz.; at Kohl's.

This "clean" fragrance reminded testers of *the way you smell when you just step out of the shower*. Top notes of white flowers and salt water, plus base notes of sandalwood and musk, make an effortlessly sexy combination.

MOST EXOTIC SCENT

BEYONCÉ HEAT WILD ORCHID

\$39 for 1 oz.; at mass retailers.

Spiked with boysenberry, butterfly orchid, blond woods and other extraordinary notes, this concoction was described by testers as *confident and fierce*, like the diva for whom it was named.

MOST TROPICAL SCENT

MARY KAY THINKING OF YOU

\$32 for 1 oz.; marykay.com.

If you like piña coladas, you're sure to find this feel-good aroma appealing. Testers agreed that it *smells like an island vacation*. "It provides an instant escape from my hectic 9-to-5 life," one raved.

**MOST
ZEN SCENT**

GUESS DARE

\$62 for 3.4 oz.; guess.com.

Its blend of dewy cactus flower, sweet coconut palm and lush greens put testers in a carefree mood. "It's *the feeling you get from watching the sunset*—bottled," one said.

**MOST
SEDUCTIVE
SCENT**

**VICTORIA'S SECRET
FEARLESS**

\$72 for 3.4 oz.; victoriasecret.com.

Black currant lends a subtle sweetness to this standout, and purple diamond iris adds a hint of mystery. "The more I smell it, the sexier I feel," one tester said. "*It's a total mood setter!*"

**MOST
DELICIOUS
SCENT**

AVON LUCK FOR HER

\$30 for 1.7 oz.; avon.com.

Warm sandalwood and amber balance more mouthwatering notes of vanilla and caramel in this delectable fragrance. Our testers found that *the hint of sweetness is inviting, not cloying*.

**MOST
FEMININE SCENT**

BOSS MA VIE POUR FEMME

\$67 for 1.7 oz.; hugoboss.com.

Thanks to its heady bouquet of pink freesia, jasmine and rose, testers deemed this winner downright dreamy. "*It's like I'm lying in a field of fresh flowers,*" one said.



SCAN THE
BOTTLE AT
NEAR RIGHT
TO BUY THE
PRODUCTS ON
THESE PAGES.

See page 2.

MOST INVIGORATING SCENT

RADIANT BY FLOWER

\$25 for 1.7 oz.; at Walmart.

This pick is bursting with lush greens and sparkling bergamot. *"It smells like how sunshine feels,"* a tester declared. Others said it made them feel energetic and "powered-up."

MOST SOPHISTICATED SCENT

TAYLOR SWIFT INCREDIBLE THINGS

\$40 for 1 oz.; kohls.com.

This spritz reminded one tester of her mother—in a good way: "strong and feminine." The scent, with an eclectic mix of creamy musk, pink pepper, Madagascar vanilla and Haitian vetiver, is both *modern and comforting.*

MOST REFRESHING SCENT

CLEAN AIR

\$69 for 2.14 oz.; at Sephora.

"It's a simple smell, like a breath of fresh air," one tester remarked. That's thanks to its well-crafted mix, which includes bergamot and soft white florals.

HOW TO SMELL SCENT-SATIONAL

TRY BEFORE YOU BUY

Take test strips home so you can experience the entire life of a fragrance—top, middle and bottom notes—before making a purchase.

KEEP IT COOL

Storing perfume in the fridge keeps the scent potent up to three years longer than if you leave it at room temperature.

SPRAY THIS WAY

Mist both wrists and let dry. Rubbing them together disrupts evaporation and can alter the aroma.

LET THE SEASON BE YOUR GUIDE

Perfume fades faster on dry skin, so you need to apply more often in the winter. Spritz less during warmer months, as your skin's natural oils hold on to the scent longer.

Source: Drom Fragrances


SCAN THE BEYOND HAUTE BOTTLE TO BUY THE PRODUCTS ON THIS PAGE. See page 2.

MOST OUTDOORSY SCENT

LE COUVENT DES MINIMES EAU DES MATINES

\$38 for 3.4 oz.; ulta.com.

Uplifting citrus notes give way to an earthier counterpoint of cedarwood and basil. Think *crisp morning breeze.*

MOST LUXURIOUS SCENT

CACHÉ BEYOND HAUTE

\$64 for 3.4 oz.; at Caché boutiques.

This bold fragrance flaunts an eclectic mix of green pear, lily of the valley and cedarwood. The verdict: *"It'll get you noticed, like a sexy pair of stilettos."*



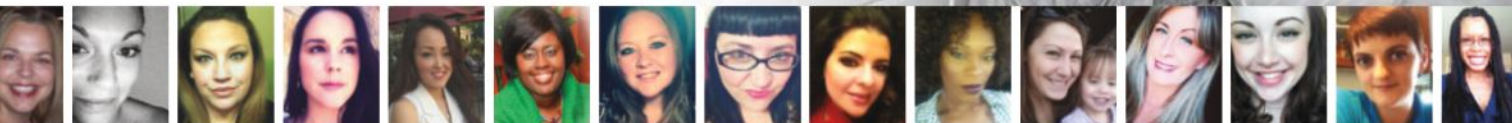
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(See page 4 for instructions)



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the BEST SWIMSUIT BUYS

REAL WOMEN—
JUST LIKE
YOU!—MODEL
THE SEASON'S
NEW SUITS.
FIND THE
RIGHT PICK FOR
YOUR SHAPE



"Triangles
just don't cut it
when you're
BUSTY,
like I am.
I need lots of
coverage and
support up top."

ORLAGH VAGNONI, 34,
SALES AND TRADING
ADMINISTRATOR



"My shape
is a bit
SQUARE,
so I'd love to
find a suit that
softens my
angles and adds
some curves."

EVELYN JACK, 24,
BARTENDER

"Because I'm pretty athletic, I need a suit that stays put and also one that enhances my **SMALLER CHEST.**"

MEGAN HARTMAN, 31,
ADVERTISING
MANAGER

"My curvaceous **HIPS** need a flattering suit."

KATE BERRY, 26,
PUBLIC RELATIONS
SPECIALIST

"**PLUS-SIZE** figures need lots of support, and a cute suit is such a confidence booster."

ELLEN BODKINS, 35,
MAKEUP ARTIST



 look good for less

FIGURE CHALLENGE HIPPIY

KATE'S SUIT PICK:
RETRO-CUT ONE-PIECE

WHY IT WORKS

→ The vintage-inspired straight-across hem provides ample coverage.

→ The cut of the suit, with curved side seams, accentuates the narrowness of the rib cage and helps even out Kate's proportions.

→ Ruching offers the bonus of disguising a tummy.

Never Been Better one-piece, \$90, sizes 4-16; modcloth.com.

"This swimsuit feels like it was made for girls with curves!"



Bridget top, \$35, sizes 32-36 A-DD, and high-rise bottom, \$30, sizes XXS-XXL; aerie.com.



Balconette one-piece, \$45, sizes XS-XXL; at Old Navy.



Jessica Simpson Gypsy Life cutout bandeau maillot, \$98, sizes S-XL; at Dillard's.



One-piece, \$40, sizes XS-XL; at T.J.Maxx.



Adjustable tankini top and skirtini bottom, \$44 each, sizes S-XL and 1X-3X; freecountry.com.

15% OFF
this top and bottom
at freecountry.com
CODE:
ALLYOU15OFF
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SCAN KATE'S PHOTO TO BUY THE PRODUCTS ON THIS PAGE. See page 2.



BE POSITIVE. IF YOU WERE HELPING A FRIEND FIND A SUIT, WHAT WOULD YOU BE TELLING HER?

GARNIER
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WHY ARE
NUTRISSE
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BETTER?

BECAUSE
NOURISHED HAIR
MEANS BETTER COLOR

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 look good for *less*

**FIGURE
CHALLENGE**
**SMALL-
CHESTED**

MEGAN'S SUIT PICK:
CLASSIC BIKINI

WHY IT WORKS

- Extra fabric, gathered at the center of the bust, adds volume.
- The top and bottom are more or less equal in size, producing a proportional look.
- The thin straps make the top look bigger by comparison. They also leave more of the collarbone exposed, taking the emphasis off the bust.

Badgley Mischka top, \$60, and bottom, \$56, sizes 4–14; zappos.com.

"I love how the gathers in the top give me a fuller look. Plus, I never once felt the need to readjust!"



One-piece, \$40, sizes XS–XL; at Marshalls.



Live Love Dream ruffle monokini, \$32, sizes XS–XL; lld.com.



Tropical ruffle bandeau, \$17, and high-waist bottom, \$18, sizes S–L; forever21.com.



Balconette one-piece, \$45, sizes XS–XXL; at Old Navy.



Summer Harbor tankini top, \$55, and bottom, \$35, sizes 4–18; lbean.com.



WEAR COMFY, FULL-COVERAGE PANTIES IN YOUR SKIN TONE. (SEAMLESS UNDIES ARE IDEAL!)

FIGURE CHALLENGE BLOCKY

EVELYN'S SUIT PICK:
**COLOR-BLOCKED
SWINDRESS**

WHY IT WORKS

- The peaked line where the pink bodice meets the skirt helps define the waistline.
- Pleating at the bodice helps define the bustline, and the hot pink tone draws your eye to the top.
- Thicker halter-style straps have a slimming effect on broad shoulders and arms.

Penbrooke Catalina halter swindress, \$25 (misses sizes S–XL) or \$27 (plus sizes 1X–3X); at Walmart.

“This suit accentuates my chest and hides my tummy at the same time.”



One-piece, \$20, sizes XS–XL; at Marshalls.



One-piece, \$30, sizes XS–XL; at Marshalls.



Collections by Catalina Palms halter-kini and bottom, \$16 each, misses sizes S–XL; at Walmart.



Floral-trim one-piece, \$35, sizes S–L; amiclubwear.com.



Paisley Palooza Bonita one-piece, \$150, sizes 8–16; miracle suit.com.



SCAN EACH WOMAN'S PHOTO TO BUY THE PRODUCTS ON HER PAGE. See page 2.

HOW MUCH SHOULD YOU SPEND?

The decision to buy a new swimsuit is based on many factors. But have you ever considered the math behind your purchase? Think about how often you expect to hit the pool; divide that number by a swimsuit's cost. If you don't a two-piece 30 times this summer, a \$90 suit would cost just \$3 per wear. Then again, if you plan to spend only a few weekends at a lake (say, six wears total), hunt for a bargain to get that kind of value.

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this suit at
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**FIGURE
CHALLENGE**
BUSTY

**ORLAGH'S SUIT PICK:
HIGH-NECK TANK**

WHY IT WORKS

→ The modest halter shows off curves—not cleavage.

→ The high cut of the leg holes helps draw the eye away from the top.

→ The way the top is cut means no dreaded under-armpit roll.

Penbrooke Dots at Play high-neck one-piece, \$56, sizes 8–16; shopblums.com.

“Recently I lost 25 pounds, so it’s time for a new suit! I like that this one covers my chest but is still a ton of fun.”



Panache Eadie balconette top, \$64, sizes 30–38 D–K, and bottom, \$40, sizes XS–XXL; herroom.com.



Ocean Animal tankini top and belted skirtini bottom, \$44 each, sizes S–XL; freecountry.com.



Collections by Catalina jeweled tankini, \$16 (missy sizes S–XL) or \$17 (plus sizes 1X–3X), and bottom, \$16, missy sizes S–XL; at Walmart.



Sunsets Envy tankini, \$86, cup sizes D, DD, E, F, G, and bottom, \$50, sizes S–XL; bestswimwear.com.



Magicsuit Bromance Yves, \$146, sizes 8–16; shopblums.com.

20% OFF
this suit at
cyberswim.com
CODE: ALLYOU20
EXPIRES:
5/22/15



GIVE YOURSELF AT LEAST 30 MINUTES TO TRY ON BATHING SUITS.

FIGURE CHALLENGE PLUS-SIZE

ELLEN'S SUIT PICK:
BRA-CUP ONE-PIECE
WHY IT WORKS

→ Molded cups (with a cute peekaboo panel) hit the appropriate mix of classy and just a little cleavage.

→ The sweetheart neckline—a big trend this season—flatters Ellen's curves.

→ The suit's leg holes are cut to accommodate larger thighs.

Corseted one-piece, \$18, sizes XL–3X; forever21.com.



“I love the way this suit pops against my skin. And the built-in support is fantastic!”



Catalina striped halter swimsuit, \$25 (missy sizes S–L) or \$27 (plus sizes 1X–3X); at Walmart.



Tropiculture striped color-blocked one-piece, \$72, sizes 10–24; swimsuitsforall.com.



Slimming color-blocked one-piece, \$100, sizes 8–18 (also available in long lengths); llbean.com.



Roaman's shirred maillot, \$60, sizes 14W–34W; fullbeauty.com.



Swim Sexy Safari halter bikini, \$58, sizes 10–24; swimsuitsforall.com.

20% OFF
one item
at fullbeauty.com
CODE: FB20ALLYOU
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EXPERT ANSWERS TO COMMON SUIT-CLEANING QUESTIONS

Can't I just throw it in the wash?

Hand-washing with gentle detergent or even mild dish soap really is best, as the wash cycle can break down a swimsuit's fibers.

Must I wash it after every wear?

You should at least rinse a suit after contact with chlorine, sunscreen or salt water—all of which can weaken the fabric.

Source: Jolie Kerr, author of *My Boyfriend Barfed in My Handbag*, and *Other Things You Can't Ask Martha*

SCAN EACH WOMAN'S PHOTO TO BUY THE PRODUCTS ON HER PAGE. See page 2.



OUR EXPERT
ILANA
BLITZER

Smart Beauty Advice

Make your routine a breeze with tips from our beauty director



Treat
your strands
to tea time!

SCAN THIS
PHOTO TO
BUY THE NAIL
POLISH ON
THIS PAGE.
See page 2.

IT'S ALL ABOUT THE BASE (COAT)

If, like me, you simply *have* to peel your polish, at least use a base coat that leaves your nails spotless after you do. **New York Color Strip Me Off base coat** (\$2; at mass retailers) not only protects the nail bed and smooths out ridges, it also makes any polish you apply afterward as easy (and satisfying) to remove as a sticker. It's a great way to take off hard-to-budge glitter or textured polishes—without damage.



No more blurred lines

Can't seem to get eyeliner to stay put on your lower lash line? Here's a trick that works every time: Line lower lashes with your favorite pencil eyeliner, then set it by working a matching eyeshadow right over the line with a flat liner brush. The shadow absorbs the oil in your liner, locking the color in place.

HUE KNEW?

When highlights start to fade after a dye job, you don't want to head back to the salon. Instead, try one of these inexpensive, all-natural home color-boosters—most of which contain nourishing ingredients as well. Find the right DIY enhancer for your shade.

IF YOU ARE A BRUNETTE

Measure out 2 cups of cooled **black coffee**. In the shower, pour over damp hair; leave in for 10 minutes before shampooing.

IF YOU ARE A BLONDE

Run 3 cups of cooled **chamomile tea** through wet hair and wait 15 minutes before washing. Condition as usual.

IF YOU ARE A REDHEAD

Add a cup of **rose hips** (sold at health-food stores) to 2 cups boiling water; let cool, then pour on hair and leave in for 20 minutes. Rinse.

72

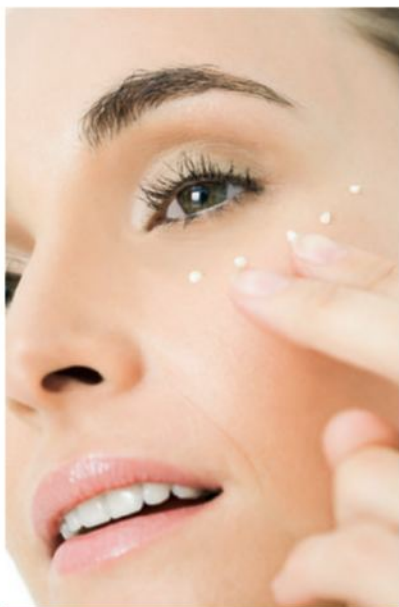
The total number of days, on average, that women spend shaving in their lifetime

Source: 800razors.com



Perfect waves

Sure, you could fuss with a curling rod or scrunch your hair into oblivion with texturizing spray, but why not just wake up with well-tousled strands? The trick: Wash your hair at night, then loosely braid it after distributing a handful of mousse through your damp strands. Unravel in the morning for pretty, beachy waves.



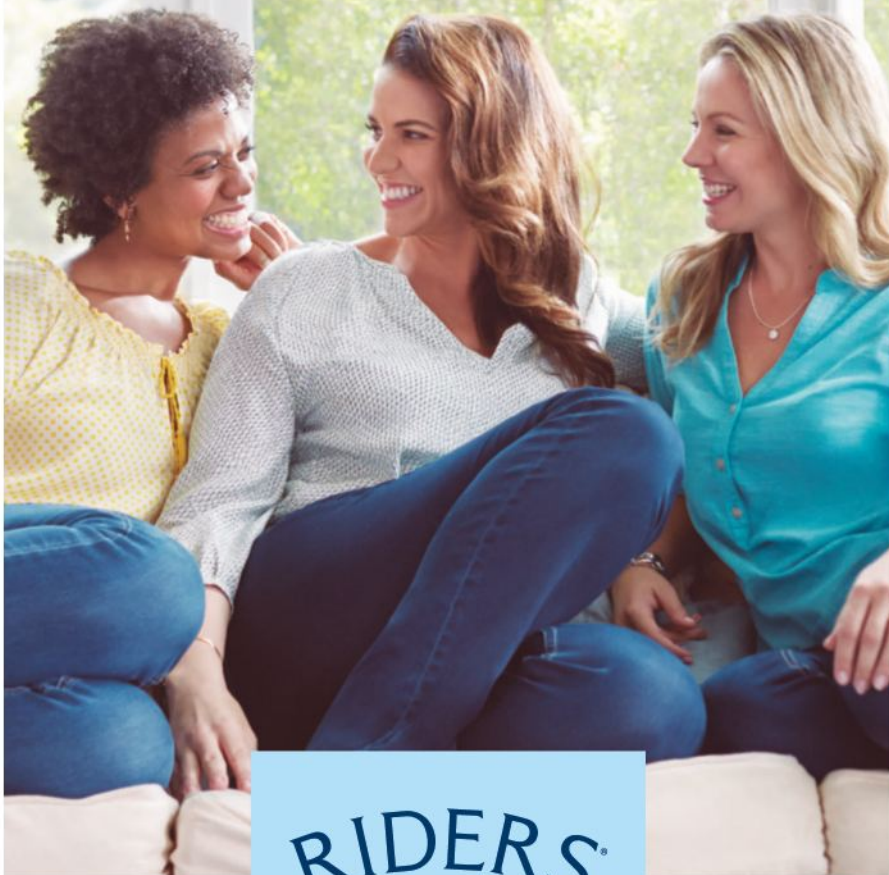
BAGGAGE CHECK

News flash: If you apply eye cream directly under your eyes and on your lids, your efforts to zap bags and sags might be backfiring. Turns out, dabbing the product so close to your eyes can cause it to pool, leading to puffiness. Instead, use your fingertips to gently press cream on the orbital bone—from inner corners out toward the temples and then up to the brow bone.

Source: Christy Cella, vice president of education for Clarins

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your health

BREAKING NEWS, FITNESS KNOW-HOW AND SMART STRATEGIES TO BOOST WELLNESS

Love Your PHONE, Save Your Health

Smartphones make life simpler—and more fun!—but they also can affect your body in not-so-healthy ways. Here's how to adjust

BODY BUMMER:

Dropping your head to text

Tilting your head down while texting is like having the force of 60 pounds (about four bowling balls!) on your neck, according to a recent study in the journal *Surgical Technology International*. It could lead to neck and back problems down the line.

HERE'S THE FIX:

Bring your phone up to chest height when you text, then look down with your eyes, rather than lowering your head. Your arms might tire, but that's a good thing: It will force you to take breaks.

BODY BUMMER:

Resting on your elbows

Doing so when firing off texts or reading can increase pressure on the ulnar nerve, resulting in numbness and tingling in the ring and little fingers and tenderness in the funny-bone area. Plus, it might require surgery to treat it.

HERE'S THE FIX:

If you do prop yourself up on your elbows, make sure they're extended beyond a 90-degree angle—which will take some of the compression off and allow for more blood flow in the arms.

BODY BUMMER:

Getting alerts all night long

You don't want to miss an urgent call, but keeping all your chimes and dings on at night can disrupt your sleep cycle—even if you don't remember hearing them. And lack of shut-eye can lead to anxiety, weight gain and other health issues.

HERE'S THE FIX:

Download the Call Filter Alarm app (free, Android). It lets you choose whose calls and messages should go through in sleep mode while silencing the others. Have an iPhone? Try "Do Not Disturb."

90%

The percentage of girls (as well as 80 percent of boys) who report using a cell phone an hour or less before bedtime, a Norwegian study found. The phone's blue light might make it harder to fall asleep.

Sources: Steven Z. Glickel, MD, clinical professor of orthopedic surgery at the Icahn School of Medicine at Mount Sinai in New York City; Kenneth K. Hansraj, MD, chief of spine surgery at New York Spine Surgery and Rehabilitation Medicine; Janice Moreside, PhD, assistant professor at the Dalhousie University School of Health and Human Performance in Nova Scotia

GETTY IMAGES (WOMAN WITH PHONE)

'HOW I AVOID TECH PAIN' *"I've had tendinitis in the past from using my tablet and texting, so although it's hard, I make a conscious effort to avoid doing those activities until the aggravated spot feels better."*

Ann Marie Stelma Graff, 56, Pittston, Pa.

Do You Need to Worry About SKIN CANCER?

Take our quiz to find
out your risk level
and learn the essential
ways to stay safe

By Sunny Sea Gold and Leslie Barrie





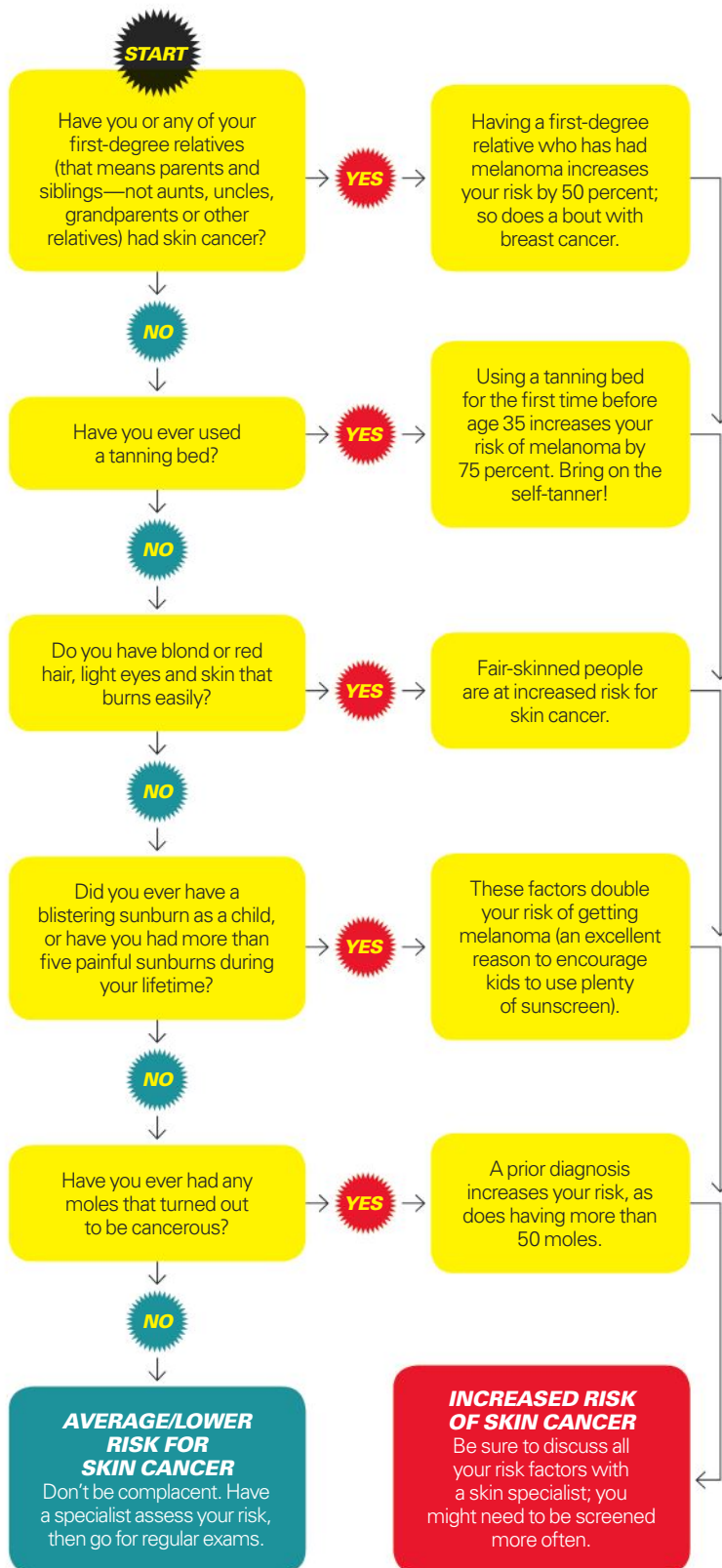
SUNSCREEN WORKS!

REGULAR DAILY USE OF AN SPF 15 OR HIGHER SUNSCREEN REDUCES THE RISK OF DEVELOPING MELANOMA BY 50 PERCENT.

Source: Journal of Clinical Oncology

How to assess your risk

Your chances of getting skin cancer are based on heredity—what you're genetically predisposed toward—as well as your own tanning and burning history. Answering the following questions can give you a general idea of how vigilant you need to be.



Four ways to stay safe

Take your skin seriously by following these expert-approved tips.

Use sunscreen daily.

Many women put away their sunscreen after Labor Day, but they should really use it year-round—paired with a hat and sun-protective clothing. Cancer-causing UVA and UVB rays are always present.

Avoid tanning beds—forever.

Just one indoor tanning session raises the risk of melanoma (the deadliest form of skin cancer) by 20 percent, basal cell carcinoma (the most common form) by 29 percent and squamous cell carcinoma (the second most common) by a whopping 67 percent.

Check yourself monthly.

The Skin Cancer Foundation advises using both a handheld and a full-length mirror to do a head-to-toe exam once a month in a well-lit room. Ask a partner to check your rear view. Look for any spot out of the ordinary—what dermatologists call “the ugly duckling factor.”

Get screened yearly.

Schedule a full-body skin-cancer screening at least once each year, or as often as recommended, depending on your risk. Some doctors take photos of atypical moles to track them—a smart practice.



What people of all skin colors need to know

If you're a blonde with blue eyes, you know how important it is to use sunscreen. But that doesn't mean people with darker skin can skip the slathering. Pale skin naturally has only a little more than SPF 3, while brown skin averages the equivalent of SPF 13. And that's not enough coverage for anyone. Not only does darker coloring *not* protect you from skin cancer, but when someone with brown skin gets melanoma, it's typically detected later because it has gone unnoticed, making mortality rates higher. And don't confuse ethnicity with skin type. If you're of African descent but have lighter skin, for example, you could have the same level of risk as, say, a person of Scottish heritage. No matter your ancestry or skin tone, use sunscreen and check your skin regularly.



'HOW I STAY SUN SAFE: I NEVER SKIP SUNSCREEN' *"I had basal cell carcinoma about 10 years ago on my face from not wearing sunscreen when I was a kid. I now wear it all the time and make sure sunscreen is in all my lotions and makeup."* —Joan Hinkle, 52, Nazareth, Pa.

1 IN 5

AMERICANS WILL DEVELOP SKIN CANCER DURING THE COURSE OF THEIR LIFETIME.

Source: Journal of the American Medical Association

Not so smart

Beware of smartphone apps that claim to detect skin cancer by analyzing photos of spots you upload; a recent study by the University of Pittsburgh Medical Center found even the best-performing ones missed 30 percent of potentially deadly melanomas.

LEARN YOUR ABCDEs

When examining your moles each month, look for these abnormalities, common with melanomas (though note that not every melanoma has all of these characteristics). See something funky? Have it checked out by your dermatologist right away.



Asymmetry

RED FLAG If you were to draw a line right through the middle of your mole, one side wouldn't be equal to the other.



Border

RED FLAG The edges of the spot look uneven, as if they're scalloped or ragged. Pigment might even fade into the skin nearby.



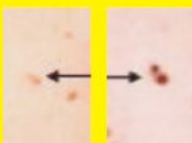
Color

RED FLAG There are multiple hues, such as dark brown on one side and gray on the other, rather than all one uniform shade.



Diameter

RED FLAG The mole is larger than the size of a pencil eraser. Many melanomas are bigger than 6 millimeters.



Evolving

RED FLAG Since you last checked (say, about a month ago), the mole has grown or taken on a different color or shape.

FOR YOUR lips...

Pucker up: Your lips need coverage too, and you can get it with this balm. Bonus: It comes in a tasty orange-cream flavor.

Ocean Potion Moisturizing lip balm, SPF 45, \$2; drugstore.com.

Our top product picks

The latest sunscreens keep you covered all summer long. Just be sure to reapply every two hours.

FOR YOUR face...

This double-duty face-and-neck cream shields you from harmful UV rays and reduces wrinkles and age spots, thanks to its antioxidant-rich formula.

Safe Harbor cream, SPF 40, \$10; at Walmart.

FOR YOUR body...

Not a fan of those ghostly white streaks? This lightweight spray offers all-over protection—so no spot will go missed—without any residue.

L'Oréal Advanced Suncare Invisible Protect Clear finishing spray, SPF 50, \$11; at mass retailers.

SCAN THIS BOTTLE TO BUY THE PRODUCTS ON THIS PAGE. See page 2.

'HOW I STAY SUN SAFE: I GET CHECKED REGULARLY'

"I am a redhead, and we had a pool my whole childhood. I always used suntan lotion, but it wasn't as effective as it is now. Several years ago I had surgery for squamous cell carcinoma. I just changed dermatologists, and I'm really happy about the decision I made, because she thinks I should have skin checks twice a year instead of only once."

—Terri Fletcher, 60,
St. Louis



DRINK UP— FOR YOUR SKIN!

People who down 4 or more cups of coffee per day are 20 percent less likely to develop malignant melanoma, compared with those who don't drink joe, a recent study found.

Source: Journal of the National Cancer Institute





EAT TO LOSE
A FULL DAY
OF SLIMMING
MEALS AND
MOVES

COUNTDOWN TO A **FLAT BELLY**

So you want a trimmer middle—who doesn't? But you don't want to spend all your time doing crunches and starving yourself—who does? We've mapped out a whole day filled with smart food choices and easy-to-squeeze-in exercises that let you live your life and still lose ab flab



8 a.m.

DO THIS Have oatmeal for breakfast. **Soluble fiber, found in oatmeal and apples, is an especially effective waist whittler.** For every 10-gram increase in daily consumption, belly fat drops nearly 4 percent in five years, suggests research from Wake Forest University in North Carolina. For the most benefit, get 25 to 30 grams of fiber a day. A packet of instant oatmeal has 3 grams; ½ cup of fresh berries packs up to 4 grams more.

EAT UP!
OATMEAL
WITH NONFAT
MILK, NUTS
AND FRESH OR
DRIED FRUIT



10:30 a.m.

DO THIS Sip green tea. **Participants in one study who exercised and drank 2 or more cups of green tea per day lost about six times more belly fat than those who drank none.** Catechins, compounds found in green tea, might boost your ability to burn fat, researchers theorize.

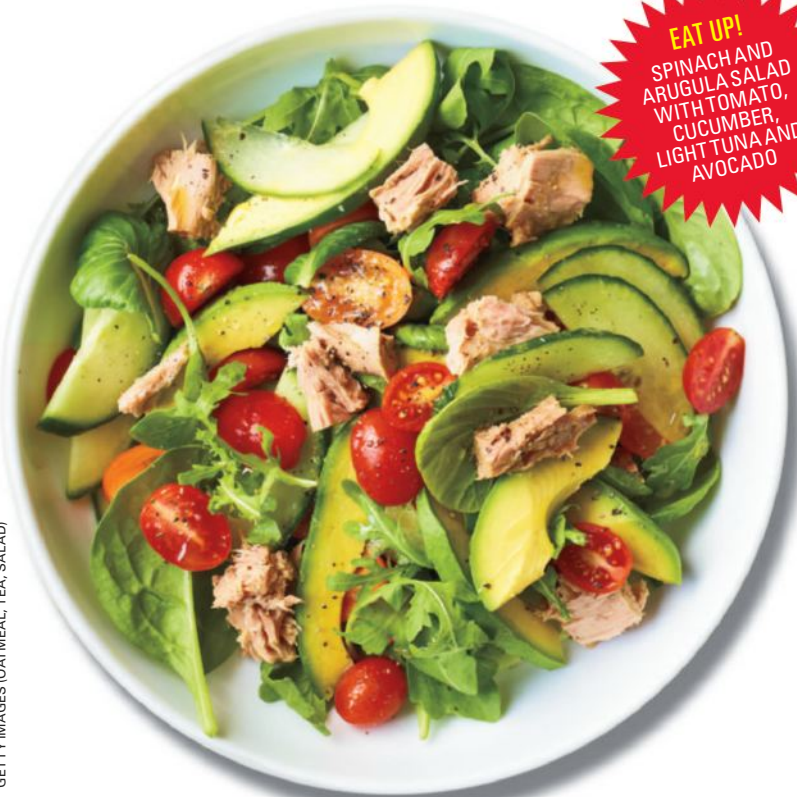
DRINK UP!
UNSWEETENED
GREEN TEA,
EITHER HOT
OR ICED



Noon

DO THIS Don't skip the salad dressing. **Monounsaturated fatty acids (MUFAs) and polyunsaturated fatty acids (PUFAs), found in some oils and nuts, can help you stay lean.** In one study, insulin-resistant people who ate a diet high in MUFAs avoided the fate of those on a high-carbohydrate diet, who saw fat shift toward the belly. Include plant-based fat—such as 2 tablespoons of almond butter, a quarter of an avocado or 1 tablespoon of salad dressing made with olive or safflower oil—at every meal.

EAT UP!
SPINACH AND
ARUGULA SALAD
WITH TOMATO,
CUCUMBER,
LIGHT TUNA AND
AVOCADO





1 p.m.

DO THIS Take a brisk walk. A little exercise on top of your healthy diet is the key to gut-busting success. But it's not enough to merely amble around the block; the real key to burning belly fat is to pick up your pace. University of Virginia researchers found that **women who did three 30-minute high-intensity walks plus two moderate recovery walks per week burned up to six times more abdominal fat than those who simply strolled five days a week.**

BONUS
A POST-LUNCH
POWER WALK CAN
BOOST YOUR
ENERGY TO GET YOU
THROUGH AN
AFTERNOON
SLUMP.



Limit these fat magnets

ALCOHOL

People who had three or more drinks in a day—even infrequently—had more visceral fat than those who had the same amount of alcohol in a month but spaced it out, according to research at the State University of New York at Buffalo.



TRANS FATS

Found in many baked goods and salty snacks, these fats might cause belly weight gain even if you don't consume excess calories. Read labels; skip any food that contains partially hydrogenated oils.

6 p.m.



DO THIS Enjoy the right carbs. **Getting your fill of whole grains helps keep your stomach sleek**, according to a study published in the *Journal of Clinical Nutrition*. Compared with people who simply cut calories, those who also ate four to seven daily servings of whole grains (such as half a cup of brown rice or a slice of whole-wheat bread) lost significantly more belly fat. Not only does the fiber in whole grains help flush the digestive tract, leading to less constipation, but it also helps you feel more satisfied, so you don't go searching for snacks later.



EAT UP!
SALMON
WITH BABY
SPINACH, MIXED
VEGETABLES
AND WILD RICE

8 p.m.



DO THIS Forget crunches—**side planks are where it's at for strengthening your core and flattening your abs.** And you can do it while you watch television! Lie on your left side, balancing on your left hand with both legs extended. Keep your head in line with your spine and lift your hips as you contract your abs. Raise your right hand (or place it on your hip) and hold for 30 seconds. Take a 15-second break and repeat on your other side. Do the entire sequence twice.





3 p.m.

DO THIS Snack on yogurt. **Dairy products help you retain muscle and store less fat.** Take it from dieters in a University of Tennessee study who ate 6 ounces of fat-free yogurt with every meal and lost 81 percent more ab fat than those who cut calories alone. Boosting calcium suppresses calcitriol, a hormone that promotes fat storage. Curbing calcitriol also lowers cortisol, a hormone known to increase visceral fat (the kind deep in your belly, linked to heart disease and diabetes).

EAT UP!
NONFAT GREEK
YOGURT WITH
WHOLE-GRAIN
CEREAL, BLUEBERRIES
AND UNSALTED
ALMONDS

FLAT-BELLY PILLS?!

A recent Harvard University study made the case for vitamin D and calcium. People who drank orange juice with D and calcium lost nearly 10 times as much belly fat as those who had plain juice. Skip the calories in OJ; instead, take 450 international units of vitamin D and 1,500 milligrams of calcium daily.



5:30 p.m.

DO THIS Take a breather. Before dinner, set aside five minutes to let the stress of the day roll off—**put away your gadgets, do a few stretches.** Why? Eating triggers insulin; stress boosts cortisol. When elevated, those hormones work together to store calories in the form of belly fat. In one study, stressed eaters showed higher levels of insulin and cortisol—and gained more weight—than those who didn't eat when anxious.



10:30 p.m.

DO THIS Hit the sheets! **Logging only five hours of sleep a night for even a few nights in a row can pack on the pounds,** according to a study from the University of Colorado. A weight gain of 2 pounds in study participants came mainly from carb-heavy snacking after hours. The reverse is also true: In a 2012 study, increasing total sleep time and quality of sleep boosted fat loss in people enrolled in a weight-reduction program. Aim for seven to eight hours of Z's per night, and try to go to bed and wake up at the same times every day to train your body clock—which makes it easier to slip into sleep at night.



Feeling puffy?

Bloating caused by gas, irregularity or water retention can make even a flat tummy become anything but. Here's how to nix the problem.

INCREASE POTASSIUM

The more salt you consume on a given day, the more potassium-rich foods—asparagus, melon, citrus fruits, tomatoes—you should eat to compensate.

GET OFF THE COUCH

Exercise stimulates the bowels, ending constipation.

DOWN 8 GLASSES OF LIQUID EACH DAY

Fluids help flush waste out of your system and reduce water retention. Coffee can have the bonus of contracting the colon, helping you to go.

SIP PEPPERMINT TEA

It alleviates gas by relaxing the digestive tract and boosting normal contractions in the colon.

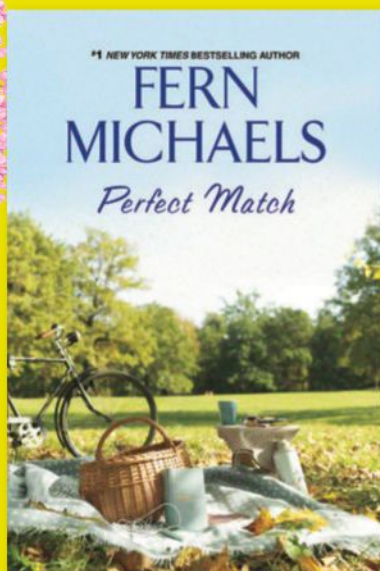
PROMOTION

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Check out this month's pick!



An injured former athlete becomes the reluctant owner of a matchmaking business in this heartfelt and engaging new novel by #1 *New York Times* bestselling author Fern Michaels.

“Fern’s characters become personal friends of the reader, making us cry and cheer for their losses and victories!”

— Lisa B.,
Jacksonville FL



SCAN BOOK TO PURCHASE
(See page 2 for instructions)

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OUR EXPERT
TARANEH
SHIRAZIAN, MD

Smart Health Advice

One top doc's straightforward solutions for your intimate concerns



WHEN YOU'RE NEVER IN THE MOOD

If your libido is routinely low, it can be a sign that something is amiss. Talk with your doctor about:

- **Medications you're taking.** Birth control pills and anti-anxiety drugs are common sex-drive sappers, but other Rx meds might be to blame, including diabetes or blood pressure drugs. Your doctor might switch your medications.
- **Your hormone levels.** Menopause, and even the years prior to it, can bring hormone fluctuations that impact your libido. Ask about blood tests to check your hormones, as well as solutions such as vaginal estrogen for dryness.
- **Pelvic pain or other unusual below-the-belt symptoms.** Vaginal infections or pain from cysts and uterine fibroids could affect your sex drive.
- **Your emotions.** For most women, libido is as much mental as it is physical, so if you're unhappy, that can dampen your desire. Inquire about a referral to see a therapist.

There's hope for fibroids

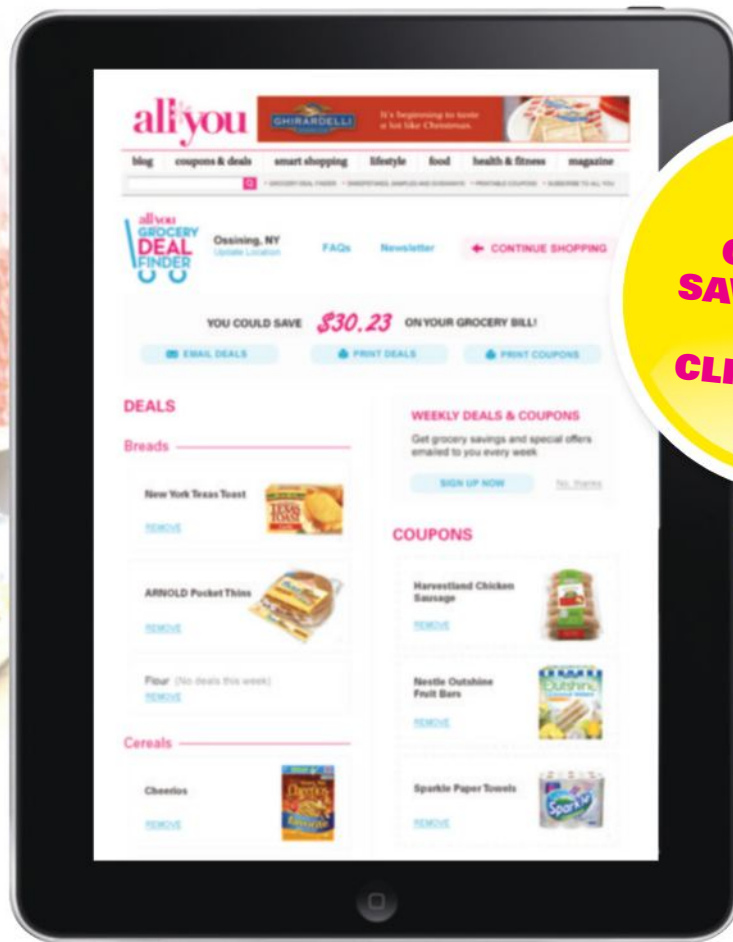
Three in four women have uterine fibroids, which are noncancerous growths in the uterus. Many women with fibroids experience few or no problems, but for those who do, there are safe and effective options. Nonsteroidal anti-inflammatory medications can reduce bleeding, and your doctor might recommend a uterine artery embolization procedure, which cuts off fibroids' blood supply to shrink them.

Reporting by Camille Noe Pagán. Taraneh Shirazian, MD, is an assistant professor of obstetrics, gynecology and reproductive science at the Icahn School of Medicine at Mount Sinai in New York City and founder of the Women's Wellness Center of New York (www.cofny.com).

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and recipes.



Asiago, Bacon and Egg Sandwich

INGREDIENTS:

- 2 strips Butterball® Turkey Bacon
- 1 large egg
- 1 tablespoon milk
- 1 sandwich roll, toasted
- 1 large thin slice of tomato (or 2 small thin slices)
- 1 tablespoon shredded Asiago cheese

DIRECTIONS:

1. Microwave bacon on paper towel-lined microwave safe plate on HIGH 1 minute. Break pieces in half.
2. Beat egg and milk in small microwave safe bowl. Microwave on HIGH 20 seconds; stir. Microwave 15 to 20 seconds longer or until egg is firm, stir again.
3. Toast sandwich roll, halves together before separating for best results.
4. Place sliced tomato on bottom half of toasted sandwich roll. Top with egg, cheese, bacon and place the other half of the sandwich roll on top. Serve hot.

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your kitchen

DELICIOUS RECIPES, COOKING SHORTCUTS AND EASY WAYS TO EAT HEALTHY FOR LESS

FRESH *and* FAST

FRITTATA

Vegetable Frittata

PREP 15 min. / **COOK** 25 min. / **SERVES** 4
COST PER SERVING \$2.18

- 2 Tbsp. unsalted butter
- 1 cup broccoli florets
- 1 cup sliced mushrooms
- ¼ cup chopped onion
- ½ cup chopped red bell pepper
- ½ cup frozen peas
- 8 large eggs
- ¾ cup milk
- 1 tsp. Dijon mustard
- ½ tsp. salt
- ¼ tsp. pepper
- 3 oz. crumbled feta (about ¾ cup)

- ① Preheat oven to 400°F. Melt butter in a 12-inch nonstick ovenproof skillet over medium heat. Add all vegetables and sauté, stirring occasionally, until crisp tender, about 10 minutes.
- ② Whisk eggs with milk, mustard, salt and pepper. Pour egg mixture over vegetables in skillet, redistributing vegetables if necessary. Sprinkle feta evenly over frittata mixture. Cook, without stirring, until mixture firms up around edges, about 3 minutes.
- ③ Place skillet in oven and bake until frittata center is set, 10 to 12 minutes. Serve hot or at room temperature.

PER SERVING 306 Cal., 21g Fat (11g Sat.), 410mg Chol., 2g Fiber, 19g Pro., 10g Carb., 747mg Sod.

GET A HEAD START

Sauté the vegetables and prepare the egg mixture ahead of time (keep covered and refrigerated). Come breakfast or dinnertime, simply assemble and cook.

GO GREEN

Add sliced scallions or chopped herbs to pack in even more flavor.

BULK IT UP

Toss in some chopped ham or cooked bacon to satisfy the meat lovers in your family.

RAID YOUR FRIDGE

Swap in any vegetables you have on hand. Shoot for about 3¼ cups total.



SCAN THIS DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 2.



THIS WEEK'S MENU



ROASTED SALMON WITH PEA PUREE



VEGETARIAN BURRITO BOWLS



SAUSAGE, EGGPLANT AND PEPPER STEW



ASPARAGUS AND PROSCIUTTO PIZZA



BALSAMIC GRILLED FLANK STEAK

FEEDING A FAMILY OF FOUR?

Salmon	\$13.44
Burrito Bowls	\$8.92
Pizza	\$8.64
Stew	\$11.76
Steak	\$13.20
TOTAL	\$55.96

1 WEEK, 5 EASY MEALS

Take the stress out of dinner with simple, wholesome recipes and a one-stop shopping list

HEART-HEALTHY



KITCHEN TIP

Cut down on dishes
If you have an immersion blender, use it for Step 3; just take the peas off the burner, add the half-and-half and mint to the skillet, then blend.

M Tu W Th F

Roasted Salmon with Pea Puree

COST PER SERVING \$3.36 / PREP 7 min. / COOK 20 min. / SERVES 4

- 2 Tbsp. unsalted butter
- 4 4-oz. skinless salmon fillets
- Salt and pepper
- 1 leek, white and light green parts, chopped
- 1 10-oz. bag frozen peas
- ½ cup white wine
- ¼ cup half-and-half
- 1 Tbsp. chopped fresh mint leaves

- ① Preheat oven to 475°F. Line a baking sheet with foil and place 1 Tbsp. butter in center. Place salmon on top. Season with salt and pepper. Roast until just cooked through, 8 to 12 minutes.
- ② Melt remaining 1 Tbsp. butter in a large nonstick skillet over medium heat. Add leeks; cook until softened, about 3 minutes. Add peas, wine and ¼ cup water;

simmer over medium-high heat until most of liquid has evaporated, about 5 minutes.

- ③ Transfer leek mixture to a blender with half-and-half and mint. Puree until smooth. Season with salt and pepper. Serve salmon over puree.

PER SERVING 348 Cal., 17g Fat (7g Sat.), 79mg Chol., 4g Fiber, 29g Pro., 14g Carb., 433mg Sod.

M Tu W Th F

Vegetarian Burrito Bowls

COST PER SERVING \$2.23 / PREP 15 min. / COOK 20 min. / SERVES 4

- 2 Tbsp. olive oil
- 1 cup basmati rice
- Salt
- 2 cloves garlic, minced
- 2 15.5-oz. cans black beans, drained, rinsed
- 1 tsp. chili powder
- 1 tsp. cumin
- 1 avocado, pitted, peeled, diced
- 2 Tbsp. lime juice
- 1½ cups corn kernels, fresh or frozen, thawed if frozen
- 1½ cups cherry tomatoes, quartered
- Sour cream, shredded Cheddar, cilantro leaves, sliced radishes, chopped pickled jalapeños, and tortilla chips, optional

1 Warm 1 Tbsp. oil in a saucepan over medium-high heat. Add rice and cook, stirring, until fragrant, 1 to 2 minutes. Add 1½ cups water

and ½ tsp. salt. Bring to a boil, cover, reduce heat to low and simmer until water is absorbed, about 15 minutes.

2 Warm remaining 1 Tbsp. oil in a skillet over medium heat. Add garlic and sauté until fragrant, about 30 seconds. Stir in ½ cup water, beans, chili powder and cumin. Bring to a simmer and cook until most of liquid has evaporated, 5 to 7 minutes, stirring once or twice. Season lightly with salt.

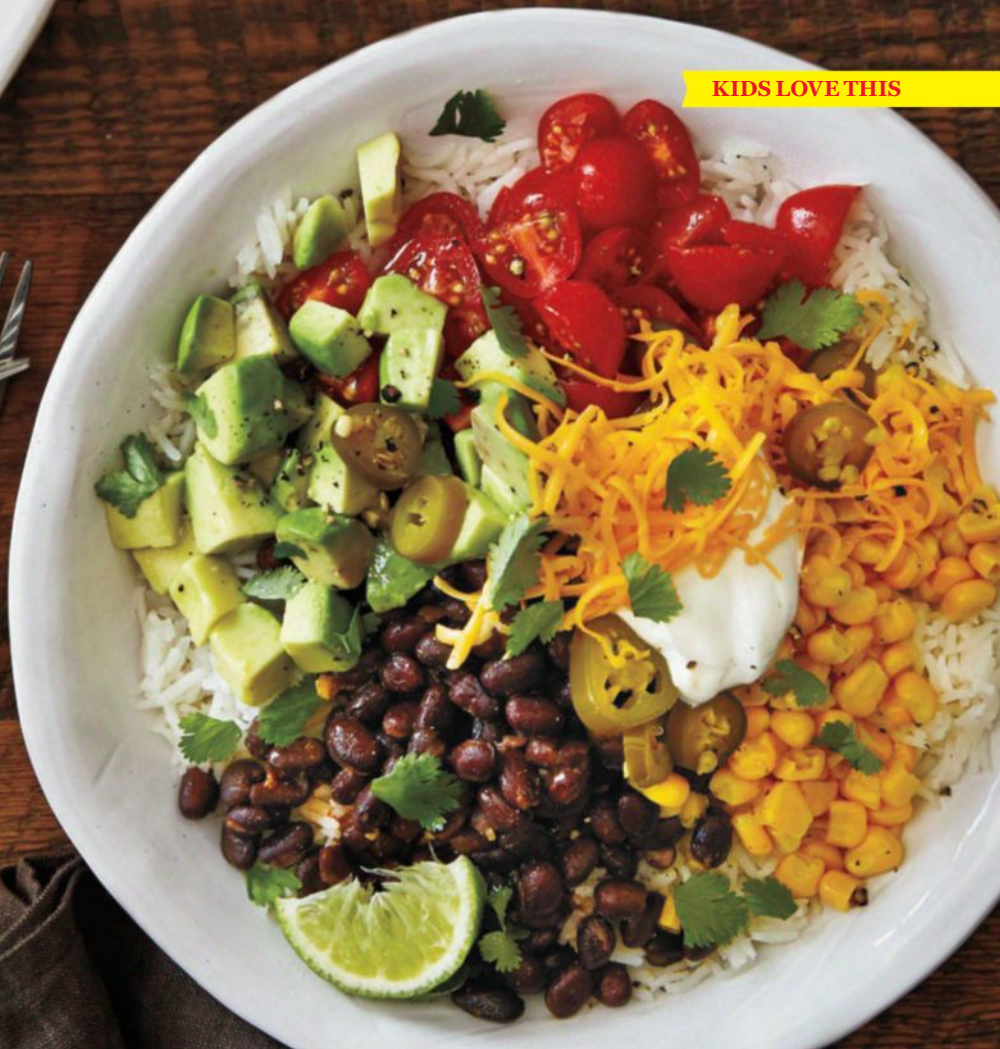
3 Combine avocados and lime juice in a medium bowl. Divide rice among 4 bowls. Top with bean mixture, corn, tomatoes and avocados. Serve with garnishes and chips on the side, if desired.

PER SERVING 470 Cal., 15g Fat (2g Sat.), 0mg Chol., 14g Fiber, 12g Pro., 85g Carb., 636mg Sod.

KIDS LOVE THIS



SCAN
EACH DISH
TO SAVE THE
RECIPE AND
SHOP FOR
INGREDIENTS.
See page 2.



KITCHEN TIP

Add grains

This robust stew is delicious over polenta or pasta. Or simply spoon it into bowls and serve crusty bread on the side.

SLOW-COOKER MEAL

M Tu W Th F

Sausage, Eggplant and Pepper Stew

COST PER SERVING \$2.94

PREP 15 min. / COOK 5 hr. 10 min.

SERVES 6

- 2 medium eggplants (about 2 lbs. total), ends trimmed, cut into 1-inch cubes
- 1 28-oz. can crushed tomatoes
- 2 Tbsp. olive oil
- 2 red bell peppers, seeded, chopped
- 2 onions, chopped
- 2 cloves garlic, minced
- ½ tsp. crushed red pepper
- Salt and pepper
- 6 Italian sausages (about 2 lbs.)

- ① Stir eggplant and tomatoes together in a slow cooker.
- ② Warm 1 Tbsp. oil in a large nonstick skillet over medium heat. Add peppers and onions to skillet and cook, stirring occasionally, until slightly softened, about 3 minutes. Stir in garlic and crushed red pepper, season lightly with salt; cook,

- stirring, until garlic is tender, about 30 seconds longer. Stir vegetables into eggplant mixture in slow cooker.
- ③ Wipe out skillet. Warm remaining 1 Tbsp. oil in same skillet. Add sausages; brown, turning once, about 4 minutes total. Nestle sausages on top of

- vegetables in slow cooker.
- ④ Cover and cook on low until vegetables are soft and sausages are cooked through, 4 to 5 hours. Season with salt and pepper and serve.

PER SERVING 385 Cal., 18g Fat (6g Sat.), 45mg Chol., 10g Fiber, 29g Pro., 31g Carb., 1,141mg Sod.

M Tu W Th F

Asparagus and Prosciutto Pizza

COST PER SERVING \$2.16

PREP 20 min.

COOK 20 min.

SERVES 4

3 Tbsp. olive oil

1 lb. pizza dough, thawed if frozen, at room temperature

2 cloves garlic, minced

½ lb. asparagus, tough ends removed, cut into 1-inch pieces

Salt

1 cup whole-milk ricotta

½ cup grated Parmesan

1 tsp. grated lemon zest

2 oz. very thinly sliced prosciutto, torn into pieces

❶ Preheat oven to 475°F. Brush bottom of a 15-by-10-inch rimmed baking sheet with 1 Tbsp. olive oil. Press and stretch dough evenly to cover bottom of pan.

❷ Combine 1 Tbsp. olive oil and garlic in a small bowl and brush over dough, leaving a 1-inch border around edges. Combine asparagus, 1 Tbsp. oil and ½ tsp. salt in a bowl; toss to coat. Arrange over dough. Stir together ricotta, Parmesan and lemon zest in a small bowl. Place spoonfuls of ricotta mixture over asparagus.

❸ Bake until underside of dough is golden (lift up the pizza with a spatula to peek) and cheese is bubbling, 15 to 20 minutes. Arrange prosciutto pieces over pizza. Slice and serve.

PER SERVING 583 Cal., 26g Fat (9g Sat.), 52mg Chol., 3g Fiber, 26g Pro., 65g Carb., 1,428mg Sod.

KITCHEN TIP

Swap the meat

Don't care for prosciutto? Substitute regular ham or chopped, cooked bacon.

PROTEIN-RICH



SCAN
EACH DISH
TO SAVE THE
RECIPE AND
SHOP FOR
INGREDIENTS.
See page 2.



DIABETES-FRIENDLY

M Tu W Th F

Balsamic Grilled Flank Steak

COST PER SERVING \$3.30 / PREP 8 min. / STAND 25 min. / COOK 10 min. / SERVES 4

- 1½ lbs. flank steak
- ¼ cup balsamic vinegar
- 1 tsp. salt
- 2 cups cherry tomatoes, halved
- ¼ cup basil leaves, roughly torn

- ① Combine steak, vinegar and salt in a large ziplock bag. Let stand 15 minutes at room temperature.
- ② While steak is marinating, preheat grill to high and oil grates. Grill marinated steak, covered if using a gas grill, turning once, 7 to 10 minutes total for medium rare, depending on thickness.

- ③ Transfer steak to a cutting board. Cover loosely with foil and let stand for 10 minutes. Slice steak into 4 portions, place on a platter and pour juices over. Scatter with tomatoes and basil and serve.
- PER SERVING** 228 Cal., 8g Fat (3g Sat.), 88mg Chol., 1g Fiber, 31g Pro., 6g Carb., 667mg Sod.

allyou

Weekly meals shopping list

MEAT AND FISH

- 1½ lbs. flank steak
- 2 oz. thinly sliced prosciutto
- 6 Italian sausages (about 2 lbs. total)
- 4 4-oz. skinless salmon fillets

FRUITS AND VEGETABLES

- 1 lemon
- 2 limes
- ½ lb. asparagus
- 1 small avocado
- 1½ cups corn kernels, fresh or frozen
- 2 medium eggplants (about 2 lbs. total)
- 1 leek
- 2 onions
- 2 red bell peppers
- 3½ cups cherry tomatoes
- ¼ cup fresh basil leaves
- 6 cloves garlic
- 1 Tbsp. fresh mint leaves, chopped

DAIRY

- ¼ cup half-and-half
- ½ cup grated Parmesan
- 1 cup whole-milk ricotta
- 2 Tbsp. unsalted butter

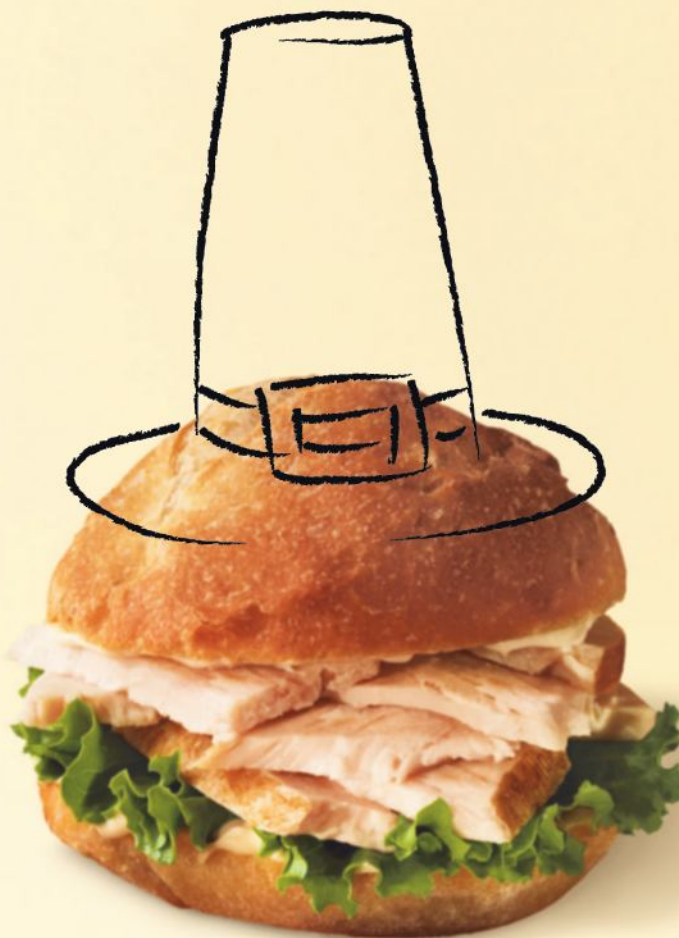
OTHER

- 1 10-oz. bag frozen peas
- ½ cup white wine
- 1 28-oz. can crushed tomatoes
- 1 cup basmati rice
- 2 15.5-oz. cans black beans
- 1 lb. pizza dough

You also will need these items from your pantry

balsamic vinegar, chili powder, crushed red pepper, cumin, olive oil, pepper, salt

SCAN EACH DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 2.



Give Thanks on a Tuesday.



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PRESTO PESTO

Say hello to the
summer's most
versatile homemade
ingredient

Quick-and-Easy Pesto

COST PER SERVING 80¢ / HANDS-ON TIME 5 min.

TOTAL TIME 5 min. / SERVES 20

- 4 cups packed basil leaves (about 2½ oz.)
- 4 cloves garlic, peeled, minced
- ¼ cup pine nuts
- ½ cup grated Parmesan
- ¾ tsp. salt
- ½ tsp. pepper
- 6 Tbsp. extra-virgin olive oil

1 In a food processor, chop basil, garlic, pine nuts, Parmesan, salt and pepper for 10 seconds.

2 Combine olive oil and ½ cup warm water in a small bowl. With processor on, slowly pour in oil mixture, processing just until blended. Serve right away or store with plastic wrap against surface of pesto in an airtight container in refrigerator or freezer.

PER SERVING (1 TBSP.)

59 Cal., 6g Fat (1g Sat.),
2mg Chol., 0g Fiber, 2g Pro.,
1g Carb., 134mg Sod.



WITH BASIL...

In this lightened-up take on classic pesto, warm water cuts down on the amount of oil. Store for up to 2 weeks in the refrigerator or 3 months in the freezer. And think outside the (pasta) box: Use pesto on toast, eggs, corn on the cob and tomato-mozzarella salads.



SCAN
EACH DISH
TO SAVE THE
RECIPE AND
SHOP FOR
INGREDIENTS.
See page 2.

HELENDUARDIN, FOOD STYLING: VICTORIA COX;
PROP. STYLING: MARY CLAYTON CARL; (FOOD)
(STOCK ILLUSTRATIONS)

Spinach-Herb Pesto Linguine

COST PER SERVING \$1.34 / HANDS-ON TIME 19 min. / TOTAL TIME 28 min. / SERVES 4



WITH SPINACH...

Baby spinach takes the place of most of the usual basil to give this pesto an earthy flavor. Make a double batch and follow the rules for storage at left. You'll have pesto for a simple summer dinner later in the season.

- 3 cups baby spinach
- ¼ cup slivered blanched almonds
- ¼ cup basil leaves
- 2 tsp. chopped fresh oregano
- 1 tsp. chopped fresh thyme
- ¼ tsp. pepper
- 1 large clove garlic, chopped
- 2 Tbsp. low-sodium vegetable broth
- 2 tsp. fresh lemon juice

- Salt
- 2 Tbsp. extra-virgin olive oil
- ¼ cup grated Parmesan
- 8 oz. linguine

① Place spinach in a microwave-safe bowl; cover bowl with plastic wrap. Microwave on high until spinach wilts, about 2 minutes. Remove plastic wrap; let spinach cool slightly.

② Place spinach, almonds, basil, oregano, thyme, pepper and garlic in a food processor. Process until chopped. Add broth, juice and ¼ tsp. salt; pulse 5 times. With processor on, slowly pour in oil. Process until

well blended. Scrape down processor bowl and stir in half of Parmesan. Cover pesto with plastic wrap.

③ Bring a large pot of salted water to a boil. Cook pasta according to package directions. Drain and toss pasta with ½ cup pesto. Divide pasta among 4 bowls (about 1½ cups of pasta in each) and top each with 2 Tbsp. pesto and remaining Parmesan.

PER SERVING 353 Cal., 13g Fat (3g Sat.), 5mg Chol., 4g Fiber, 13g Pro., 48g Carb., 327mg Sod.

AND BÉYOND!

You can even make a similar sauce with these herbs and vegetables.

PARSLEY

Pulse together 2 cups chopped parsley, 1 cup walnuts, ½ cup Parmesan, 2 garlic cloves, ¼ tsp salt and ½ cup olive oil.

BEETS

Puree 2 roasted, peeled beets with 1 garlic clove, ½ cup Parmesan, ¼ tsp. salt, ¼ cup pepper and ¼ cup olive oil.

CILANTRO

Pulse together 2 cups cilantro, 2 cloves garlic, 2 Tbsp. lemon juice, ½ tsp. salt, ½ tsp. pepper and ¼ cup olive oil.

BROCCOLI

Process 2 cups cooked broccoli florets with 1 clove garlic and ¼ cup olive oil. Stir in ¼ cup grated Parmesan.



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FORGET SHORTCAKE—THESE **UNEXPECTED, CROWD-PLEASING DESSERTS** TAKE FULL ADVANTAGE OF THE SEASON'S BOUNTY

SWEET STRAWBERRY TREATS

HELENE DUJARDIN, FOOD STYLING: MARGARET DICKEY, PROP STYLING: KAY CLARKE



SCAN
EACH DISH
TO SAVE THE
RECIPE AND
SHOP FOR
INGREDIENTS.
See page 2.

STRAWBERRY UPSIDE-DOWN CAKE

COST PER SERVING \$1.10

PREP 15 min. / **COOK** 35 min.

CHILL 4 hr. / **BAKE** 45 min.

SERVES 12

- 17 Tbsp. (2 sticks plus 1 Tbsp.) unsalted butter, at room temperature**
- 2¼ lbs. strawberries, hulled and halved**
- ¼ cup sugar**
- 2 Tbsp. pomegranate juice**
- 2½ tsp. vanilla extract**
- 1¼ tsp. salt**
- 2¼ cups all-purpose flour**
- 4 tsp. baking powder**
- ½ cup plus 2 Tbsp. packed light brown sugar**
- 3 large eggs**
- ¾ cup sour cream**

❶ In a 10-inch cast-iron skillet, melt 2 Tbsp. butter over medium heat. Add berries, sugar, pomegranate juice, ½ tsp. vanilla and ¼ tsp. salt. Bring to a simmer and cook, stirring occasionally, until liquid is reduced and coats the back of a spoon, about 35 minutes. Remove from heat and let cool. Refrigerate in skillet until chilled, 4 hours to overnight.

❷ Preheat oven to 350°F. In a medium bowl, whisk together flour, baking powder and 1 tsp. salt. In a large bowl, using an electric mixer on medium speed, beat 15 Tbsp. butter with brown sugar and 2 tsp. vanilla until fluffy, about 3 minutes. Add eggs 1 at a time, beating well after each; beat in sour cream. Stir in dry ingredients until just combined.

❸ Spread batter evenly over chilled strawberry mixture. Bake until a toothpick inserted into center comes out clean, about 45 minutes.

❹ Transfer skillet to a wire rack and let cool for 10 minutes. Run a knife around edge of skillet to loosen cake. Invert skillet onto a plate, unmold cake and let it cool completely.

PER SERVING 367 Cal., 21g Fat (13g Sat.), 100mg Chol., 2g Fiber, 5g Pro., 41g Carb., 435mg Sod.



HOW TO PICK 'EM

Follow your nose to find the ripest berries of the bunch. Ideal strawberries have a rich aroma and bright color. Look for firm red fruit with fresh green caps and no bruises.



STRAWBERRY RHUBARB CRUMBLE BARS

COST PER SERVING 41¢ / **PREP** 5 min. / **BAKE** 55 min. / **YIELDS** 9 bars

- 16 Tbsp. (2 sticks) unsalted butter, at room temperature**
- 2 cups all-purpose flour**
- ¼ tsp. salt**
- 1 tsp. vanilla extract**
- 1¼ cups sugar**
- 1½ cups diced rhubarb (about 3 stalks)**
- ¾ lb. strawberries, hulled and sliced**
- 1 Tbsp. lemon juice**
- 2 Tbsp. cornstarch**

❶ Preheat oven to 375°F. Line an 8-inch square pan with foil, leaving a 2-inch overhang on 2 sides. Mist with cooking spray.

❷ Make crumb mixture: Using an electric mixer on medium-low speed, combine butter,

flour, salt, vanilla and 1 cup sugar until mixture resembles coarse crumbs. Spread ½ of mixture evenly over bottom of prepared pan and press down.

❸ Make filling: Combine rhubarb, strawberries, lemon juice, cornstarch and remaining ¼ cup sugar in a large bowl. Spread evenly over crust in pan. Sprinkle remaining crumb mixture over fruit. Bake until bubbly and browned, 45 to 55 minutes. Let pan cool completely on a wire rack.

❹ Using foil overhang, carefully lift bars out, peel back foil and cut into 9 squares. Serve at room temperature.

PER SERVING (1 BAR) 412 Cal., 21g Fat (13g Sat.), 54mg Chol., 2g Fiber, 4g Pro., 54g Carb., 70mg Sod.



STRAWBERRY CHEESECAKE TARTLETS

COST PER SERVING 85¢ / **PREP** 20 min. / **BAKE** 20 min.
CHILL 2 hr. / **YIELDS** 16 tartlets

CRUST:

- $\frac{2}{3}$ cup graham cracker crumbs (about 6 crackers)
- $\frac{1}{4}$ cup finely chopped walnuts
- 3 Tbsp. confectioners' sugar
- 4 Tbsp. unsalted butter, melted and cooled

CHEESECAKE:

- $2\frac{1}{2}$ 8-oz. packages cream cheese, at room temperature
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup strawberry preserves
- $1\frac{1}{2}$ Tbsp. all-purpose flour
- $\frac{1}{2}$ tsp. vanilla extract
- $\frac{1}{2}$ tsp. salt
- 2 large eggs plus 1 large egg yolk
- $\frac{1}{2}$ tsp. finely grated orange zest

STRAWBERRY TOPPING:

- 14 oz. strawberries, hulled and coarsely chopped
- 1 Tbsp. sugar
- 1 Tbsp. maple syrup
- $\frac{1}{8}$ tsp. salt
- Mint leaves for garnish, optional

1 Prepare crust: Preheat oven to 325°F. Line 16 muffin cups with paper liners. In a small bowl, combine graham cracker crumbs, walnuts and sugar. Stir in butter. Press 1 Tbsp. of crumb mixture evenly into bottom of each muffin cup. Bake until crust is set, about 6 minutes. Cool completely in pans on a wire rack.

2 Make cheesecake filling: In a food processor, combine all ingredients and process until smooth, about 30 seconds. Pour 6 Tbsp. of batter into each muffin cup. Bake until filling is just set in center, about 15 minutes. Let cool on a wire rack, then refrigerate until fully chilled, at least 2 hours.

3 Make strawberry topping: In a medium bowl, toss strawberries with sugar, maple syrup and salt. Let stand for 10 minutes, tossing occasionally.

4 Unmold cheesecakes (or leave in liners) and spoon topping evenly over each just before serving. Garnish with mint leaves, if desired.

PER SERVING (1 TARTLET) 258 Cal., 18g Fat (9g Sat.), 81mg Chol., 1g Fiber, 4g Pro., 23g Carb., 232mg Sod.



SMART STORAGE

The key to long-lasting berries is keeping them cold and dry. Line a plastic container with a paper towel and arrange the fruit in a single layer, then store in the fridge. Wash just before eating or using in a recipe.

STRAWBERRY PANNA COTTA WITH COOKIE CRUMBLE

COST PER SERVING \$1.47 / **PREP** 10 min. / **COOK** 30 min.

CHILL 3 hr. / **SERVES** 6

PANNA COTTA:

- 1¼ lbs. strawberries, hulled, quartered
- ¾ cup sugar
- ½ tsp. salt
- ½ tsp vanilla extract
- 1 envelope (¼ oz.) unflavored gelatin
- 1 cup heavy cream
- 1 cup buttermilk

COOKIE CRUMBLE:

- ¼ cup all-purpose flour
- 2 Tbsp. packed light brown sugar
- 2 Tbsp. unsalted butter, at room temperature
- ¼ tsp. vanilla extract
- ¼ tsp. salt
- 6 Tbsp. sliced almonds

1 Make panna cotta: In a medium skillet off the heat, toss strawberries with sugar, salt and vanilla. Let stand for 10 minutes. Bring to a simmer over medium heat and cook, stirring occasionally, until tender, about 15 minutes.

2 Puree mixture in a blender until smooth. Strain through a fine sieve into a medium bowl.

3 In a small bowl, stir gelatin with 4 tsp. cold water; let stand until gelatin is softened, about 5 minutes. In a small saucepan over medium heat, bring cream to a simmer. Remove from heat; whisk in gelatin until dissolved. Stir in 1 cup of puree and buttermilk.


4 Place 6 8-oz. ramekins on a baking sheet and pour ½ cup of panna cotta mixture into each. Refrigerate until center is set, at least 3 hours or overnight.

5 Make crumble: Preheat oven to 350°F. Line a baking sheet with parchment. In a small bowl, using a fork, mix together flour, brown sugar, butter, vanilla, salt and almonds until well combined. Break dough into clumps and place on baking sheet; bake until golden, about 10 minutes. Let cool on a wire rack. Break up into large crumbs.

6 Leave panna cotta in ramekins or unmold. Stir 2 Tbsp. of warm water into remaining strawberry puree to form a sauce. Spoon 1 Tbsp. of sauce over each panna cotta, and top with cookie crumble. Serve.

PER SERVING 391 Cal., 22g Fat (12g Sat.), 67mg Chol., 3g Fiber, 6g Pro., 45g Carb., 548mg Sod.


BERRY HEALTHY
Who knew?
A cup of strawberries averages more vitamin C than a medium orange.


SCAN EACH DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 2.

 make it *special*

HOST A

Girlfriend GET-TOGETHER

Tell your mom pals to leave their kids home with Dad and come over for delicious, good-for-you food—and a much-deserved break

Asian Chicken Salad Lettuce Wraps

COST PER SERVING \$2.61 / PREP 20 min. / COOK 5 min.
SERVES 4

- 2 Tbsp. sesame seeds
- 1 Tbsp. low-sodium soy sauce
- 2 tsp. miso paste
- 1 Tbsp. lime juice
- 1 tsp. Worcestershire sauce
- ¼ cup mayonnaise
- ½ tsp. sriracha or other hot sauce
- 3 cups rotisserie chicken, skin and bones removed, meat shredded
- 8 small leaves savoy cabbage or Bibb lettuce, from 1 small head
- 1 small red bell pepper, seeded, thinly sliced
- 2 scallions, thinly sliced on the bias
- 1 to 2 Tbsp. chopped cilantro, optional
- 1 Tbsp. chopped fresh mint leaves, optional

- 1 Place sesame seeds in a small dry skillet. Cook over medium-low heat, tossing, until golden, about 5 minutes. Transfer to a plate to cool.
- 2 In a large bowl, whisk together soy sauce, miso, lime juice, Worcestershire sauce, mayonnaise and hot sauce. Stir in ½ of sesame seeds. Add chicken; toss to coat.
- 3 Divide chicken salad among 8 lettuce-leaf cups and place on a platter. Divide bell pepper and scallions among lettuce cups. Sprinkle each cup with remaining sesame seeds as well as cilantro and mint, if desired. Serve immediately.

PER SERVING 315 Cal., 18g Fat (3g Sat.), 104mg Chol., 2g Fiber, 34g Pro., 5g Carb., 744mg Sod.



SCAN
EACH DISH
TO SAVE THE
RECIPE AND
SHOP FOR
INGREDIENTS.
See page 2.

KATE SEARS, FOOD STYLIST, LORI POWELL,
PROP STYLIST, GERRI WILLIAMS FOR JAMES REPS



Butter Lettuce, Avocado and Grapefruit Salad

COST PER SERVING \$1.86 / PREP 15 min. / SERVES 4

- 1 large pink grapefruit
 - 2 tsp. Dijon mustard
 - ½ tsp. salt
 - ¼ tsp. pepper
 - 1 tsp. chopped fresh oregano or ½ tsp. dried
 - 1 tsp. chopped fresh basil or ½ tsp. dried, optional
 - 2 Tbsp. fresh grapefruit juice
 - 2 Tbsp. extra-virgin olive oil
 - 16 whole leaves butter or Boston lettuce (1 large head)
 - 2 avocados, cut into wedges
- 1 Zest 1 tsp. grapefruit peel into bottom of a large bowl. Using a sharp knife, cut away remaining grapefruit peel and pith.

Section grapefruit over another bowl, catching juice with flesh.

2 Add mustard, salt, pepper, oregano and basil, if desired, to bowl with zest. Whisk in 2 Tbsp. grapefruit juice, followed by oil. Gently toss whole lettuce leaves in dressing.

3 Divide leaves among 4 plates. Toss avocado slices carefully in remaining dressing; divide among plates. Add grapefruit segments to each plate. Serve immediately.

PER SERVING 264 Cal., 22g Fat (3g Sat.), 0mg Chol., 8g Fiber, 3g Pro., 18g Carb., 216mg Sod.

TURN THE PAGE TO SEE THE RECIPE FOR THIS MEDITERRANEAN SALAD.



CHEERS!

Pop a bottle of sparkling wine for a toast to the moms while you're catching up and nibbling on appetizers.



SCAN EACH DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 2.



Lemon-Garlic Edamame Dip

COST PER SERVING 49¢

PREP 8 min. / COOK 35 min.

YIELDS about 2 cups

- 1 head garlic
- ½ cup extra-virgin olive oil
- Salt and pepper
- 2 cups shelled edamame
- 1 cup fresh parsley leaves
- 2 Tbsp. miso paste
- 1 tsp. lemon zest
- 2 Tbsp. lemon juice
- Pita chips, crudité's or both, for serving

1 Preheat oven to 400°F. Cut top ½ inch off garlic head. Drizzle with 1 Tbsp. olive oil; wrap in foil. Roast until cloves are soft, about 35 minutes. Unwrap; let cool.

2 Bring a pot of salted water to a simmer. Cook edamame until tender, 3 to 5 minutes. Drain; let cool.

3 Squeeze out garlic cloves into a food processor with parsley, ¼ tsp. pepper, miso, lemon zest and juice, remaining oil and edamame. Puree. Serve with pita chips or crudité's.

PER SERVING (2 TBSP. DIP) 89 Cal., 8g Fat (1g Sat.), 0mg Chol., 1g Fiber, 2g Pro., 3g Carb., 157mg Sod.

Parmesan Toasts

COST PER SERVING 19¢

PREP 10 min. / BAKE 13 min.

YIELDS 24 pieces

- 6 slices thin white bread
- 1 clove garlic
- ¼ cup grated Parmesan
- 6 Tbsp. mayonnaise
- ½ tsp. dried rosemary, crumbled
- 2 tsp. chopped fresh parsley
- ¼ tsp. crushed red pepper

1 Preheat oven to 400°F. Place bread slices on a baking sheet; bake until dry and golden, 3 to 4 minutes. Cut garlic in half; rub cut side on each side of bread.

2 In a bowl, mix Parmesan, mayonnaise, rosemary, parsley and crushed red pepper until well combined. Spread each toast with 1 Tbsp. of Parmesan mixture. Cut slices into triangles.

3 Place toasts back on baking sheet. Bake until cheese mixture is puffy and golden, 7 to 8 minutes. Serve immediately.

PER SERVING (2 PIECES) 66 Cal., 4g Fat (1g Sat.), 4mg Chol., 0g Fiber, 2g Pro., 7g Carb., 138mg Sod.

Mediterranean Salad

COST PER SERVING \$3.37

PREP 25 min. / COOK 5 min.

SERVES 8

- 1½ tsp. whole fennel seeds
- 1 15.5-oz. can chickpeas, drained and rinsed
- ¾ cup extra-virgin olive oil
- Salt and pepper
- Zest of 1 lemon
- 6 Tbsp. fresh lemon juice
- 2 tsp. chopped fresh oregano or 1¼ tsp. dried
- 2 Tbsp. chopped fresh mint leaves or 1¼ tsp. dried
- 4 cups chopped romaine lettuce
- 2 cucumbers, cut into 1-inch pieces
- 1 14-oz. can hearts of palm, drained, cut into 1-inch pieces
- 1 12-oz. can artichoke hearts, drained, quartered
- 6 oz. feta, broken into chunks
- ¾ cup pitted kalamata olives
- 1 12-oz. jar roasted red peppers, drained, cut into strips
- 1 small bulb fennel, quartered, cored, sliced very thin

1 In a medium skillet over medium heat, cook fennel seeds until fragrant, 2 to 3 minutes. Add chickpeas and 1 Tbsp. olive oil. Season with salt; sauté until warm, about 2 minutes. Transfer to a bowl to cool. In a large bowl, whisk remaining oil with lemon zest and juice, oregano and mint. Season with salt and pepper.

2 Toss lettuce in a third bowl with 2 Tbsp. dressing. Arrange lettuce on a platter. In same bowl, toss chickpea mixture with 2 Tbsp. dressing. Arrange salad ingredients in rows over lettuce. Serve with dressing on the side.

PER SERVING 319 Cal., 25g Fat (6g Sat.), 19mg Chol., 7g Fiber, 8g Pro., 18g Carb., 799mg Sod.



GO ALL OUT
As you plate the tart, top each slice with whipped cream for a little extra indulgence.

PARTY PLANNING MADE EASY

Use this checklist to prepare almost all of the meal beforehand, so that when your friends begin to arrive, you can focus on them rather than holing up in the kitchen.

THE DAY BEFORE*

- Make the filling and slice the peppers for the lettuce wraps.
- Make the dressings for the Mediterranean and grapefruit salads.
- Sauté the chickpeas for the Mediterranean salad.
- Make the Lemon-Garlic Edamame dip.
- Bake and chill the Dark Chocolate Tart.

THE MORNING OF*

- Zest and segment the grapefruit and chop the oregano and basil for the grapefruit salad.
- Cut the vegetables, chop the herbs and zest and juice the lemon for the Mediterranean salad.
- Bake the bread slices and combine the topping mixture for the Parmesan toasts.

JUST BEFORE

- Cut the avocado wedges for the grapefruit salad.
- Fill the lettuce wraps.
- Toss both salads with their dressing.
- Bake the Parmesan toasts.

*Keep your ingredients in the fridge in covered containers until party time.

Dark Chocolate Tart

COST PER SERVING: \$1 / PREP 10 min. / COOK 13 min. / CHILL 4 hr. / SERVES 12

CRUST:

- 30 chocolate wafer cookies
- 6 Tbsp. unsalted butter, melted
- 2 Tbsp. sugar
- Pinch of salt

FILLING:

- 12 oz. dark chocolate, finely chopped
- 5 Tbsp. unsalted butter, cut into small pieces
- Pinch of salt
- 1 cup heavy cream
- 1 tsp. vanilla extract
- 1 tsp. bourbon, optional

½ tsp. finely grated lemon zest, optional

- 1 Make crust: Preheat oven to 350°F. Break cookies into a food processor. Pulse until finely ground. Add butter, sugar and salt; pulse to combine. Use your fingers to press mixture into a 9-inch tart pan with a removable bottom. Set tart pan on a baking sheet. Bake until crust is dry and crisp, about 10 minutes. Transfer to a wire rack to cool completely.
- 2 Make filling: Place chocolate, butter and salt in a medium

bowl. Warm cream in a small pot over medium-high heat until steaming, about 3 minutes. Pour cream over chocolate mixture, let stand for 2 minutes, then whisk until smooth. Add vanilla and bourbon and zest, if desired; stir until well combined. Pour chocolate mixture into crust.

- 3 Refrigerate until well chilled and set, about 4 hours. Slice and serve.

PER SERVING 406 Cal., 31g Fat (18g Sat.), 60mg Chol., 3g Fiber, 3g Pro., 30g Carb., 124mg Sod.

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OUR EXPERT
CHERYL SLOCUM,
senior food editor,
Cooking Light

Smart Food Advice

Helpful tips to make your time in the kitchen easier and tastier

IN SEASON

ARTICHOKES

At their peak in spring, they aren't nearly as hard to cook as their tight petals (also called *leaves*) might make it look. The simplest way to enjoy them? Steaming them whole.

PREP

Trim the stem to an inch and cut about 1 inch off the top of four artichokes (about 12 ounces each). Pull off the tough outer leaves, snip the thorny tips off the rest of the petals and rub the edges with lemon to prevent browning.

STEAM

Place artichokes in a steamer basket set in a large pot with about 2 inches of water in the bottom of the pan. Cover and steam artichokes until they are easily pierced with a knife and outer leaves detach freely, about 30 minutes.

EAT

Pull off petals, dip in lemon butter or mayonnaise, if desired, and pull through your teeth to eat the pulp. (Set aside the petals themselves.) Once you reach the heart, scoop out the fuzzy choke—it's inedible; slice the heart into bite-size pieces and eat with sauces or drizzle with lemon juice.



Select 'chokes that feel heavy and have bright green leaves that are firmly attached to a compact bud.

ANOTHER CLEVER USE FOR A MASON JAR

Did you know that a standard mason jar can be used in place of many blender pitchers?

Add cold or room-temperature ingredients to the jar until it is half full. Screw the blender's blade on top, then invert the jar onto the blender's base. It's a great trick for individual smoothies on the go and small batches of dressing or sauce.



UPGRADE YOUR SNACK-TIME STANDBY

Reinvent cheese and crackers, an after-school classic, with these quick, simple topping combinations. Select any type of cracker your family enjoys, and choose the taste you're in the mood for each day.

SALTY

A dollop of store-bought hummus with a few sliced green olives can make you all but forget your potato-chip craving.

TANGY

For a zing, top crackers with bread-and-butter pickles and pimento cheese (or softened cream cheese).

SWEET

Satisfy a sugar slump with nature's candy: apple slices and honey over goat cheese. Swap in any fruit you have on hand.

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VISIT LOCALES DURING THE OFF-SEASON

Mountains aren't exclusively for ski vacations. Not only can hillside towns have just as many activities in the summer (including hiking, swimming and outdoor concerts) as they do in the winter, but lodging is cheaper and restaurants often offer bargains because they aren't as busy.

CONSIDER A HOTEL CREDIT CARD

Traveling to a destination with lots of hotel chains?

Use a card such as Marriott Rewards or Expedia+ Voyager for day-to-day purchases. After a few months of regular spending, you can rack up enough points to pay for at least one night.

CROSS A BIG TRIP OFF YOUR BUCKET LIST

The U.S. dollar is relatively strong now, meaning you're likely to get more bang for your buck in Europe, Australia and Canada—we're talking a 20 percent to 30 percent savings on hotels, food and other things, compared with five years ago.

GET TO THE AIRPORT ON TIME

Airlines tend to overbook during busy travel periods, hoping there will be some no-shows. That means if you check in less than 60 minutes before takeoff or get to your gate only 20 minutes before takeoff, you could get bumped and face fees to rebook.

USE AN APP ON THE ROAD

Not sure where you're going to pull over for the night? Download the HotelTonight app (free, Android, Apple) to save on last-minute stays in hotel rooms that would otherwise go empty. The app features a best-price guarantee.

Sources: Bob Diener, president of Getaroom.com; Sarah Fazendin, travel expert and creator of Aweekathebeach.com; Sarah Gavin, head of communications for Expedia; Matthew Kepnes, budget travel expert and founder of Nomadicmatt.com

YOU SAID IT... *"I rent homes from homeaway.com. They're cheaper than hotels and can have additions, like your own pool. Because you're often dealing directly with the owner, you sometimes can negotiate cleaning fees and other costs."*

Lily Z. Mercado, 52, New York City





DOWNLOAD
THESE APPS
TO GET
YOUR FAMILY

Organized

WHETHER YOU'RE SORTING YOUR KIDS' ARTWORK
OR DELEGATING CHORES, HIGH-TECH SOLUTIONS
CAN MAKE LIFE A WHOLE LOT EASIER *By Sarah Stebbins*

GETTY IMAGES

* Go paperless

Clear your countertops and make more room in your purse with these up-to-date ideas.

'CLIP' DIGITAL COUPONS



COUPON SHERPA

(free, Android, Apple) delivers hundreds of store and restaurant coupons to your smartphone. Merchants can scan them directly from the phone's screen—no printing required. The downside? Grocery coupons are available on the website only, not on the mobile app.



For grocery discounts, try **SAVINGSTAR** (free, Android, Apple). You pay the regular price in the store; the savings from the coupons you select are added to your account. Once you reach \$5, you can put the amount in your bank account or your PayPal account or donate it to charity.

NEVER LOSE YOUR GROCERY LIST AGAIN



Create and save shopping lists with **GROCERY IQ** (free, Android, Apple). You select items from the app's database, then the program sorts them by category (deli case, say, or condiments). The app automatically suggests coupons for items on your lists.



OUT OF MILK (free, Android, Apple) works similarly to Grocery iQ by allowing you to create grocery lists and share them in real time—which is great if you are splitting shopping duties and don't want to purchase duplicate items. It also maintains a pantry list, so you won't accidentally buy what you already have at home.

CLEAN UP THE KITCHEN



Consolidate your recipes on **KEY INGREDIENT**

(free, Android, Apple), which lets you scan and upload recipes you've gathered from cookbooks and magazines. For a fee, the RecipeSnap function even lets you scan and store handwritten recipes. The app also lets you import recipes from Epicurious, the Food Network website and other popular sites, and it gives you access to more than 2 million recipes on keyingredient.com.

REDUCE JUNK MAIL



Unsubscribe to catalogs and credit card offers.

Register with **PAPERKARMA** (free, Android, Apple, Windows), then take a photo of the return address on the offending mail and click "Send."

AVOID GETTING CAUGHT WITHOUT YOUR REWARDS CARDS



All those loyalty cards from supermarkets and other stores can pile up, making it hard to find the one you need, when you need it. Lighten the load in your wallet or on your key chain by scanning the cards into your smartphone with **CARDSTAR**

(free, Android, Apple, Windows). When you check out, scan the bar code on your phone's screen. Use it for gym and library memberships, too.

FILE SCHOOL NOTICES, MANUALS AND MORE



Use **EVERNOTE** (free, Android, Apple, Windows) to digitize almost anything. This organizer lets you scan documents such as team rosters and school memos, and save them in a searchable file. You also can snap photos of business cards, sort them alphabetically, then ditch the paper. In addition, you can create to-do lists (and e-mail them to family members) and upload instruction manuals (find PDFs on company websites). The information is password-protected and securely stored online. With a free basic account, you may upload up to 60 megabytes of data per month, with unlimited storage.

DID YOU KNOW?

The free apps from Dunkin' Donuts and Starbucks (both Android, Apple) let members pay and get rewards simply by swiping a bar code on their smartphones. No more searching for that loyalty card pre-caffeeine!

* Gather photographs and kids' art

You've got zillions of digital pictures trapped on your hard drive and piles of marker and crayon masterpieces. We've got great ideas to help you preserve your favorites and enjoy them before your children leave the nest.

CREATE A REAL-TIME JOURNAL



Do you never seem to find time to update that baby book or write down the funny things your kids say?

TWEEKABOO (free, Apple) lets you track everyday moments and milestones with videos, photos and captions organized in a time line. Share your posts with friends and family members of your choosing. Their comments become part of the record. You could think of it as a private Facebook profile, where you never have to worry about overexposure.

CATALOG AND SHARE ARTWORK



Instead of saving every stick-figure family portrait, take your kids' portfolios digital with an app such as **ARTKIVE** (free, Android; \$5, Apple). When you get a new piece—whether it's a work on paper or in 3-D—snap a photo with your phone, add a description and store the image in a profile for each child.



CANVSLY (\$3, Apple) lets you share your child's latest creation with family members, who can comment on or "high-five" the creations. The app also offers rewards you can redeem with Amazon and other companies.



Think outside the picture frame

There are lots of fun ways to display photos. Here the images are mounted on saucers and grouped to create a charming wall display. Scan photos and print them out. Cut out the images to fit the recessed part of the saucers. Brush Mod Podge on the back of the printouts and adhere.



ASSEMBLE HONEST-TO- GOODNESS ALBUMS



SHUTTERFLY (free, Android, Apple) allows you to create and share digital albums and design photo books. When you invite friends to view your images, they get an e-mail alert with a link they can click (no password needed).

Free membership with unlimited storage space; \$40 for an 8" x 11" 20-page hardcover album; 50 free prints when you become a member; shutterfly.com.



SNAPFISH (free, Android, Apple) offers similar features to Shutterfly on its website, along with easy-to-use editing options such as adding borders and correcting red-eye. The app lets you order prints and personalized photo gifts.

Free membership with unlimited storage space with the purchase of one photo product per year; 100 free prints per month for a year; snapfish.com.



Streamline family life

Implement clever new systems to help your home—and everyone in it—work more efficiently.

DELEGATE CHORES AND MORE

COZI (free, Android, Apple) makes household jobs more fun—and more likely to get done. Kids log in to their own account (using a shared password) to see their tasks for the day. Among the helpful functions that the customizable app (and its affiliated website—both owned by Time Inc.) offers is the ability to create a single color-coded calendar that the whole family can use.

GETTY IMAGES

DECLUTTER, 30 MINUTES AT A TIME



If a household-wide makeover sounds overwhelming, turn to **52 ORGANIZING MISSIONS** (\$10, iPad). Each week, you get a 30-minute mission such as cleaning out your car or organizing your computer files. Start the timer on the app, follow the steps and stop when the timer goes off—or opt for an “extended mission” if you’re on a roll. You can expect to see a major improvement in a few months.

yes, you *can* 

RECRUIT SOME DINNERTIME ASSISTANCE



What are we having for dinner tonight?

BIGOVEN (free, Android, Apple, Windows) comes up with the answer. Search a database of more than 350,000 recipes, or type in your own, then drag-and-drop a week’s (or month’s) worth of picks onto a calendar.

HELP YOUR KIDS KEEP TRACK OF SCHOOLWORK



With the **MYHOMEWORK STUDENT PLANNER**

(free, Android, Apple), your young scholars can plot tests and assignments on a calendar and set up reminders about deadlines.

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LIGHTEN UP!

Give your home a breath of fresh air this season

Add color without spending a bundle

Arranging throw pillows in a variety of spring shades and patterns can jazz up your whole living room. Go for a casual, relaxed look by placing an assortment all the way across the back. Having just two matching pillows on each side appears rigid.

Above, from left: Saffron decorative pillow (18"), \$30, and various-edge outdoor pillow (16"), \$25; 55downingstreet.com.

Embrace the growing season

Fresh-cut flowers are gorgeous, but don't forget about low-cost greenery or budding branches. Clip a few from your yard and arrange them in clear glass vases to add a whimsical element.

Go graphic

Create a gallery wall on the cheap. Search the Web for free printable images (we found a ton of modern, black-and-white options like these). Look for simple frames at thrift stores, garage sales or dollar stores.

Ditch the heavy drapes

These patterned panels are just fabric that has been hemmed, with a pocket at the top so you can slip a curtain rod through.

Corral loose ends

Keep things tidy with an oversize basket—placed out of the way in the living room—to hold magazines and other clutter.

Upgrade your servingware

Get ready for laid-back entertaining with a Mediterranean-inspired tray. Between get-togethers? Display it on a coffee table, topped with an arrangement of citrus fruit.

Mediterranean Vista platter (8" x 13¾"), \$25; at Pier 1 Imports.



Take a fresh look at outdoor furniture

This charming night table, which had a previous life on the patio, adds an airy feeling to the bedroom. Preserve the chipped-paint patina by spraying on a coat of polyurethane.



SCAN
THIS PHOTO
TO BUY THE
PRODUCTS
ON THESE
PAGES.
See page 2.



Try vertical gardening

Display greenery in an unexpected spot. Use a large hanging vase as a planter and smaller ones to hold keys, eyeglasses or other personal items.

Trigg wall vessels, \$30 (15" H) and \$25 for 2 (7¼" H); umbra.com.



Be a lightweight

Shake off the flannel and the heavy comforter in favor of cotton sheets in a pretty print. Choose percale if you prefer a crisp feeling, or sateen if you like something smooth and silky. Add a light quilt in a bold pattern to liven things up.

Laurent floral quilt, \$80 for queen, Cost Plus World Market; worldmarket.com.

Hide out-of-season items

Who doesn't need more storage? Place this cheerful bench at the foot of the bed and store winter blankets inside.

Storage bench (38" W x 18" D x 17" H), Threshold, \$100; target.com.



THE NO-SPIN GUIDE TO DOING LAUNDRY

ELIMINATE WASH-DAY DOUBTS
(WHAT GOES WITH WHAT?)
AND BECOME AN EXPERT. IT'S
EASIER THAN YOU MIGHT THINK!



1 SORTING

With the advance of color-safe detergents, you no longer have to sweat it if a stray red sock gets mixed up with your whites. Separating is still a good rule, but it's necessary only if it's indicated on the care label. Instead, sort by fabric weight. Give hardy items—towels, denim, twill—their own cycle. When heavier, tougher fabrics are washed with finer cottons or synthetics, they beat the heck out of them. Group T-shirts, knits, leggings and any delicate items together in a different load.

2 WATER TEMPERATURE

In most instances, you can't go wrong if you launder things in cold water. It helps preserve the color and condition of fabrics, saves energy and is effective at removing dirt. Wash items that need to be sanitized—sheets, say, or unmentionables—in hot water.

3 LAUNDRY DETERGENT

Buy a color-safe all-purpose detergent to handle the majority of your laundry. Liquid formulas dissolve well and can pretreat stains, so they're more versatile than powders. It's also wise to keep on hand an oxygen bleach to tackle tough stains and brighten whites and a mild detergent for gentle-cycle items and hand-washables. Fabric softener is useful not only to make things softer but to zap static cling. The chemicals in softener can build up, though, so don't add it to every wash, and use half the recommended amount. Bonus: Think how much longer each bottle will last.

HAND-WASHING

Fill a sink with lukewarm water and add a capful of mild detergent; swirl to disperse the soap. It's best to keep lights separate from darks, in case the dyes bleed. Use one hand to twirl the garment(s) in a circular motion for two to five minutes. Drain the water from the basin, then fold the fabric over and gently press

it against the side of the sink to squeeze out excess liquid. (Wringing can be harsher on fabric than the average spin cycle.) Refill the basin to rinse out the soap; repeat until the suds are gone. Lay each garment on a clean towel, roll up the towel and press down on it to absorb water. Hang or lay flat to dry.

UP YOUR GAME

Help your clothes last longer and look better with these tips.

UNFASTEN ALL BUTTONS

on button-front shirts, including any small ones on the cuffs and the collars, before laundering. When buttons are fastened, the agitation in the machine and the weight of other garments can cause buttonholes to tear.

SURPRISE! Many knit sweaters made of cotton, synthetics or blends can be machine-washed in cold water on the gentle cycle with all-purpose or mild detergent, sometimes even if the tag says otherwise.

PREVENT STIFFNESS

and that almost crunchy feel that can develop as sweaters air-dry by giving them a spin in the dryer on low heat for 10 minutes before laying them flat on a mesh sweater rack or a towel.

YOGA-PANTS FUNK

is real. Because the synthetic fibers in moisture-wicking material often trap smelly bacteria, such garments need TLC. After a sweat session, launder the clothes in the hottest water your gear can handle, along with an enzyme-formulated detergent to break down protein-based stains such as those caused by

perspiration. Skip the dryer if your gym clothes contain spandex.

KEEP JEANS FROM FADING

by closing all zippers, then turning the garment inside out and washing in a small load—more water than clothes—in cold water using a color-safe detergent. Dry on low or medium heat, then pull out the jeans while they're still slightly damp.

STRETCH YOUR JEANS

after laundering to counteract shrinkage and help them return to their original size. Step on the hems while pulling on the waistband.

HAND-WASH BRAS AND OTHER LINGERIE

to make them last longer. The good news is you can wash such items while you shower. Get them wet, lather a pea-size amount of mild shampoo and gently squeeze the suds through the fabric. Rinse and roll in a towel to absorb excess moisture, then hang to dry.

TO KEEP SHAPEWEAR

IN TOP FORM, wash in a mesh lingerie bag on the delicate cycle in cold water. Ditch the fabric softener and the dryer; lay flat to dry.



GET THE BOOK!

Want more down-to-earth advice on everyday matters? Pick up a copy of *The REAL SIMPLE Guide to Real Life: Adulthood Made Easy* (\$25; at booksellers). It's a great gift for a college grad or anyone in need of a refresher course in home care, budgeting and other practical topics.



SCAN THE GUIDE TO REAL LIFE BOOK TO SHOP FOR IT. See page 2.



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 **good to know**



OUR EXPERT
KRISTEN C. WYNNS, PHD

Smart Family Advice

How to nurture yourself and your loved ones



If you are hesitant to adopt a puppy or kitten, know that betta fish and older dogs and cats make excellent first pets.

WHEN YOUR KIDS ARE BEGGING FOR A PET

There are countless upsides to owning a furry friend (other than all the cuddles and kisses). Taking care of a pet has been shown to help children feel compassion for animals, people and even themselves. In this hectic world, it's also nice that petting a dog or cat is linked to lower stress and better mental health. But before you run to a shelter or pet shop, ask yourself:

ARE MY KIDS RESPONSIBLE?

Do they turn in their homework on time and always do their chores? Are they gentle with their siblings and friends?

IS IT PRACTICAL FOR MY KIDS?

Do they have allergies or sensory issues, like problems with touch, that might make owning a pet challenging?

DO THEY KNOW WHAT IT TAKES?

Many parents wind up scooping litter or walking the dog after the novelty of a pet wears off for their children.

Adult ADHD —or just stressed-out mom?

You're checking e-mail, then your phone chimes. Meanwhile, you're trying to get dinner ready and the laundry folded *and* keep the kids from tearing the house apart. Sound familiar? Mothers sometimes might feel like they have attention-deficit/hyperactivity disorder, because it's so hard to stay on task. The truth is, ADHD is a chronic condition that doesn't just pop up at age 35. Still, it is possible to have missed being diagnosed at a younger age. Here are some warning signs worth talking to your doctor about.

- You have struggled since childhood with paying attention and concentrating.
- Your attention problems have affected your life for a while, such as at work as an adult.
- Your lack of focus leads you to miss deadlines and be chronically late.

Kristen C. Wynns, a child and adolescent psychologist and owner of Wynns Family Psychology in Cary, N.C., is founder of nowimpparenting.com. Have a question for her? Visit allyou.com/askwynns.



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your money

TECH UPDATES, FINANCIAL TIPS AND BRIGHT IDEAS FOR STRETCHING EVERY DOLLAR

Hold a Winning

YARD SALE

SCORE!

Think you nabbed a great deal? At a Las Vegas sale in 2010, a man purchased a sketch for \$5 that some experts speculate is an original Andy Warhol drawing worth \$2 million!

Clear out your clutter—and cash in—with expert tips on every aspect of these moneymakers

MERCHANDISING

When in doubt, put it out. Freshly laundered clothes in good condition sell well, especially baby wear. Ditto toys, car seats and cribs. DIY enthusiasts hunt for furniture to repurpose, and hobbyists often nab broken electronics for parts.

ADVERTISING

Forget newspapers and Pennysavers—post for free on Craigslist or garagesaletracker.com. Spread the word on social media. A neon poster with *Sale* in big letters and an arrow followed by signs with arrows can attract passersby.

PRICING

Apply prepriced stickers the day before. Pricing a little higher leaves room for you to haggle and still pocket what you're after. For premium goods, check eBay for the going rate. (Keep printouts to show you've done your research.)

TIMING

Consider opening up Friday around 6 a.m. to catch the rush of people on their way to work or school. Saturday morning crowds usually make a nice showing. On the last afternoon, expect extreme hagglers looking for slashed prices.

STYLING

Display merchandise neatly. Put big-ticket items, such as furniture, close to the garage so shoppers have to walk through the sale to get to them. Group merchandise by category—with toys up front, attracting kids (and their parents!).



**\$4.2
MILLION**

**TOTAL
WEEKLY
REVENUE
FROM GARAGE
SALES IN THE
UNITED STATES**
Source: Statistic Brain
Research Center

Sources: Melissa Garcia, founder of consumerqueen.com; and Lynda Hammond, founder of garagesalegal.com and author of The Garage Sale Gal's Guide to Making Money Off Your Stuff

'MY SMARTEST GARAGE SALE ADVICE' *"The day before the event, to get people excited, we snap pictures of our best stuff and post those images on Facebook, along with all the information on where and when the sale is happening."*

Nichole Dowell, 24, Fort Smith, Ark.

Stay Fit with your Smartphone!

WHETHER YOU'RE READY
TO START A NEW ROUTINE OR JUST WANT
TO KEEP MOTIVATED, HERE ARE CLEVER WAYS
YOUR PHONE CAN HELP

By Jeana Tahnk

1 Make it a date

Block off a recurring time for exercise on your calendar (at least 30 minutes per day)—and guard that time closely. Maybe it's before the kids get up, during lunchtime or right before *Scandal*—consider it a firm date with your new, healthier self that you can't break or postpone. Even better, set an alarm reminder on your phone to give you a nudge (pick a ringtone you can't ignore). Experts agree that exercise is more likely to become part of your routine if you find and stick with a consistent workout time. No more excuses!





Rock MyRun



Songza



PaceDJ

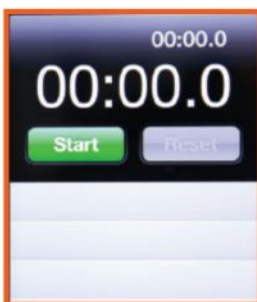
2 Feel the beat

Working out to songs with the right pace can keep you on track for your planned calorie burn, so create playlists for various parts of your routine. Try pop songs for running, '90s hits for walking, classical for yoga. Download free apps, such as **RockMyRun** and **Songza** (Android, iOS), that offer premade mixes for different kinds of exercise. **Fit Radio** (free, Android, iOS) lets you choose a genre and target pace, and it offers a playlist that maintains that pace throughout. Love a certain song but its tempo isn't right for your workout? With **PaceDJ** (Android, iOS) you can change the tempo of songs you've saved on your phone to get your heart pumping or keep things mellow.



3 Go public

Can't always hit the gym with a BFF who keeps you accountable? That's what Facebook friends are for! Use your status updates to put your efforts out there through pictures and stats, then rely on the support of your network to cheer you on. If you don't want to take *all* your friends along on your run, create a Facebook group with like-minded buddies who want to get in shape, or join an existing group, such as Girls Gone Strong, for motivation. After all, research has demonstrated we work out better when we exercise with a partner (even virtual ones).



4 Watch the clock

Timing is (almost) everything in a workout, so get to know your smartphone's clock options, especially the stopwatch. Use it to determine your current pace (40 steps in 20 seconds is about 3 mph and the minimum pace for fitness walking) and work toward higher pace goals (like getting to a weight-loss pace of 135 steps per minute). If interval training or boot camp-style workouts are your thing, the stopwatch is invaluable for keeping you faithful to each segment of your regimen—no shaving even 5 seconds off that rope-jumping session.

TREND ALERT

Better value in fitness trackers

In the market for a wearable device but wary of typical three-figure price tags? Here's an option we love.



Up Move by Jawbone

WHAT IT DOES
The Up Move tracks a range of activities, including walking, running and cycling, and measures calories burned, distance, steps, and sleep quality and duration. It even helps you keep on top of food intake through a free app (Android, iOS).

HOW YOU WEAR IT
Clipped onto your clothes or on your wrist (band is sold separately)

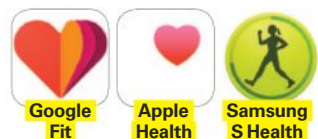
STANDOUT FEATURE
The Smart Coach reminds you to work out and makes recommendations on improving your fitness based on your activity history

PRICE
From \$50; jawbone.com.



5 Embrace change

Sick of your treadmill, local track or Zumba routine? Repeating the same workout moves every day isn't great for your motivation or your joints. Try **the Walk** (\$3, Android, iOS), which casts you in a thrilling spy adventure. As you navigate a virtual map, new pieces of the story unlock, motivating you to walk longer. Also, free apps including **Fitstar Personal Trainer** (iOS) and **Workout Trainer by Skimble** (Android, iOS) have programs for different goals, like building muscle, losing fat, toning and cardio.



6 Keep it together

Some phones come with built-in health trackers; check out **Google Fit**, **Apple Health** and **Samsung S Health** (for Galaxy phones only). Use those native apps to log workouts, file health statistics, track your steps and more. They also sync with other fitness apps so the information from your various exercise apps and gadgets is available in one place. Just note that although some data, including your steps, uploads automatically, other info (heart rate, calorie intake) needs to be input manually.

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A+ Rating

FIND HIDDEN CASH



SURE, YOU MIGHT COME ACROSS A FEW QUARTERS IN YOUR COUCH, BUT WE KNOW WHERE TO UNCOVER MORE THAN A LITTLE LOOSE CHANGE. START LOOKING FOR YOUR POT OF GOLD (HINT: IT'S NOT AT THE END OF A RAINBOW)

By Deborah Skolnik

A FEW MONTHS AGO, Rebecca King, 47, saw a late-night infomercial about unclaimed property, so she decided to hunt for her own lost wealth. She began with the website of the treasurer in North Carolina, her home state. In seconds, Rebecca found \$200 she could claim as hers—probably from a utility deposit she forgot about when she moved out of her college rental. Excited by her luck, she contacted the unclaimed property office in Michigan, where she once lived. That effort uncovered an unused \$25 gift certificate from Tiffany (a wedding gift, Rebecca thinks)—enough to buy one crystal beer glass.

Are you missing a small fortune, too? It's not as crazy as it sounds. When people fail to close out bank accounts, forget to get paid for unused vacation days, neglect to claim tax refunds or otherwise lose touch with their money, the funds pile up in government unclaimed property offices—about \$58 billion total, according to the National Association of Unclaimed Property Administrators. But it's not hard to find missing moolah; the NAUPA website, unclaimed.org, is the best place to start. Here are the assets that most commonly slip through our fingers and the smart ways you can get back what's yours.

Paycheck

WHY IT'S M.I.A. The last day of your job fell between pay periods. You might have received a check for the final full week but never got what you were owed for the "hangover days" (especially if you relied on a physical check). You also might be owed for unused vacation days.

RECLAIM IT Contact the department in which you worked (laws dictating how long an employer is obligated to pay and penalties for not doing so vary by state). If it's been a few years or the business is gone, visit unclaimed.org.

'I FOUND CASH!'
"I checked unclaimed.org and clicked on the link for Illinois. I was both elated and grateful to find \$1,300 from an old life insurance policy in the name of my dad, who has passed. My elderly mom needs help; this money will be useful in providing home care for her."

—Stephanie Anthony Miles, 55, East St. Louis, Ill.



Life insurance benefit

WHY IT'S M.I.A. A loved one who took out a policy dies without mentioning that you were the beneficiary.

RECLAIM IT Locate the policy, if possible. Check the person's safe-deposit box or files, and ask former employers if a policy was purchased through work. Also, talk to her financial adviser or insurance agent, and scan a checkbook for payments to an insurance company or tax records for clues (interest listed on a 1099-INT from an annuity, say, could have been money generated by a life-insurance policy). If you still can't find it, search unclaimed.org.

Savings bond

WHY IT'S M.I.A. This popular baby gift takes years to mature so, over time, it's easy for the recipient to misplace it or forget about it altogether. Every year, more than 15,000 bonds and 25,000 bond interest payments are returned to the federal Treasury Department as undeliverable.

RECLAIM IT The Bureau of Public Debt makes it easier to unearth such funds: Search for "treasury hunt" at treasurydirect.gov. But the agency does not have a record of every kind of bond (or those issued before 1974). For those, you need to fill out Form 1048, available through the website.

Bank account balance

WHY IT'S M.I.A. You left behind a savings account in a move, lost track of a certificate of deposit while waiting for it to mature or had money in a failed bank.

RECLAIM IT If the bank is still operating, there's generally no deadline for recouping your funds. Visit unclaimed.org, where you can find links to state and territory unclaimed property offices. Or check out missingmoney.com. It's free for users, and currently 39 states and the District of Columbia participate. Also worth a look is the Federal Deposit Insurance Corporation (FDIC) [unclaimed-funds site: www2.fdic.gov/funds](http://unclaimed-funds.site:www2.fdic.gov/funds). If a bank is closed by a regulatory agency, the FDIC is responsible for repaying customers any insured funds, up to \$250,000 per depositor. You have about a decade to stake your claim.

SAFE-DEPOSIT BOX ITEMS

WHY THEY'RE M.I.A. You forgot about your bank box—or a relative died and no one knew she had a box.

RECLAIM IT Ask the institution where you or your family member banked if there's a box in your (or her) name. The bank might require you to show that you have the deceased's power of attorney and might ask for your birth certificate, your loved one's death certificate and other documents. The contents of a long-inactive box might be at the state unclaimed property office (see unclaimed.org). If the bank has failed, contact the FDIC.

Utility deposit

WHY IT'S M.I.A. You parted with that cash ages ago, and it's possibly the last thing you thought about in the midst of a move.

RECLAIM IT Call the utility providers for your past residences to see if they have any of your funds. If they don't but you suspect you never received a deposit back, they might have turned it over to the state comptroller's office (find contacts on unclaimed.org).

Class-action lawsuit proceeds

WHY THEY'RE M.I.A.

A class-action suit is a case brought against a company on behalf of a group (customers of a business that sold defective goods, say). Often, people are part of the "class" without knowing it, so they miss out on their share of the award. Billions of dollars of class-action lawsuit funds go unclaimed.

RECLAIM THEM

Because most such lawsuits are filed in federal court, the funds are not listed on state websites. Visit topclassactions.com to learn about pending and recently settled suits and whether you qualify for a cut. You'll likely be asked to fill out a form if you think you belong to the group.

'I FOUND CASH!'

"The newspaper in my Ohio hometown listed people with money held by the state. We had moved away, but a friend noticed my name and my mom's. It might have been an insurance policy someone had when I was a baby. I got a check for \$165! My mother and I split the windfall."

—Susan Johnson, 44, Fayetteville, Ga.



Funds from foreclosure

WHY THEY'RE M.I.A. If you lost your home to foreclosure and it was sold for more than what you owed, you're entitled to the difference. You also might have left without a forwarding address before the checks were sent.

RECLAIM IT If the sale was made to satisfy a tax bill, call the tax assessor; such funds don't always go to the state. Also check with the municipality's court clerk.

Pension

WHY IT'S M.I.A. You were at that job a lifetime ago or you can't locate the plan because the firm changed its name or went out of business.

RECLAIM IT Fortunately, a government agency—the Pension Guaranty Benefit Corp.—tracks, protects and insures most private pensions. For information, visit search.pbpc.gov/mp. Federal employees should check out the Federal Employee Retirement System and Civil Service Retirement System at opm.gov/retirement-services.



INCOME TAX REFUND

WHY IT'S M.I.A. Maybe you moved—without a forwarding address—and never received an IRS check. Or perhaps you simply misplaced it. Or you might have earned too little that year to have to file, but the IRS still owes you money.

RECLAIM IT Ask the IRS to reissue your uncashed check. Also, make sure you filed a return for any years you worked, regardless of your income level, because your employer likely withheld taxes.

Stocks

WHY THEY'RE M.I.A.

The actual paper stock certificate, which might have been a childhood gift, was misplaced at some point.

RECLAIM IT Check unclaimed.org. Any shares purchased before you turned 18 might be in a parent's name, so check that, too. Can't find it but pretty sure you own it? The federal Securities Exchange Commission requires due diligence by companies to search for lost shareholders. It's best to return to unclaimed.org every few months, as there could be a lag before assets are listed.

9

WAYS TO MIND YOUR MONEY

Stumbling on a cache of cash is amazing, but not losing it in the first place is even better.

① Check unclaimed.org and missingmoney.com every four months and grab what you find as soon as possible. Funds don't earn interest with the state, but they would in your account.

② Before leaving a job, find out how to collect your final wages and unused vacation pay. Don't assume it will be mailed or deposited into your bank account.

③ Cash every check as soon as you get it.

④ Keep an updated list of all your accounts and retirement plans.

⑤ Touch base with your bank every four to six months. Online is fine, but some face time shows you're paying attention. Open bank or retirement-fund mail promptly, in case action is required.

⑥ Check your safe-deposit box at least once every two years so it's not considered abandoned. Pay box-rental fees on time.

⑦ Ask the utilities and the cable company to refund your deposit, even if you still have active accounts.

⑧ Update beneficiary information on all retirement plans and insurance policies every year or so, along with your address. Consider letting people know they're beneficiaries.

⑨ Switching jobs? Roll over your 401(k) into your new work plan, or set up an IRA. Consolidated assets are easier to track. Search for "rollover" at finra.org, the Financial Industry Regulatory Authority site.



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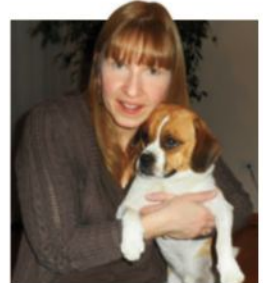
BAD
DOG!



'MY DOG IS ACTING NAUGHTY'

"We recently adopted a 2-year-old puggle and found out that he likes to take our things, run around with them and eventually chew on them. He steals shoes, clothes and stuffed animals, and now he has even started running away with knickknacks. The funny thing is, the stuff he knows he is allowed to play with, like his toys, he brings to us. How can we get him to stop taking and chewing all our belongings?"

Sandy Schillinger, 50,
Des Plaines, Ill.



HERE'S HELP

Dogs can be really cute...until they start chewing on everything you own. To keep your puggle from running away with your things, start out by puppy-proofing the house. Move as many items as possible out of reach—even stuff you think there's no way he could get to or find interesting—and secure your closets so he can't open the doors. Then give him positive reinforcement, like belly rubs, for playing with the "right" things, and find something acceptable that he will enjoy gnawing on more than your personal items. Try a Kong Classic rubber chew toy (from \$8; amazon.com); it has a hole to fill with peanut butter for the dog to lick out. You also might want to take your dog to training school. Although he's a bit older, he might have never learned what's OK and not OK to play with.



SCAN THE
CHEW
TOY AT
RIGHT TO
PURCHASE IT.
See page 2.



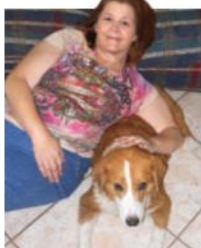
'My dog won't stop scratching'

"Several years ago we adopted a McNab named Max. He scratches constantly. It has caused bare patches that started near his tail and are now all over his body. I hate to see him in pain. What's wrong?"

Kathy Sumrall, 49, New Port Richey, Fla.

HERE'S HELP

Poor guy! Your dog needs a thorough exam. It might be fleas or ticks, a skin issue such as dermatitis, or allergies due to pollen, weeds or mold. (Yes, dogs can have allergies, too!) Ask the veterinarian if Max should take Benadryl or Claritin. If Max's allergies are really brutal, the vet might even prescribe prednisone or another steroid. Ingredients in Max's kibble such as grains or chicken could be the culprit. Switch him to a grain-free food with a protein such as salmon or bison and see what happens. Finally, Max might have a thyroid issue, which can cause hair loss and require blood tests and special medications.



help! 'MY PUG HATES HIS PAWS BEING TOUCHED'

"I need to clip my pug Roger's nails regularly, but he doesn't like me going anywhere near them—and his nails grow so quickly! Do you have any recommendations on how to work my way up to cutting them myself?"

Stacy Lane, 32, Millsboro, Del.



HERE'S HELP

As a veterinarian, I see this a lot, especially with pugs. The breed's nails curve into the pads of their feet, and that can be irritating. Really, though, most dogs don't like getting their nails clipped—they've likely had a painful experience and now anticipate it hurting.

I suggest touching Roger's paws occasionally if, for example, he's relaxing on your lap as you watch television. The more you slowly build up his tolerance to paw touching, the more comfortable he's apt to be when you grab the clippers. Then try to make the whole experience as pleasant as possible with treats and praise.



'My cats won't stop fighting' "I have two cats close in age, and they have lived together for more than a year with no problems. They recently got into a fight and have been hostile ever since. I keep them on two separate floors so they don't hurt each other. What else can I do?"

Linda Dillon, 66, Caledonia, Mich.

HERE'S HELP

If only your cats could go to couples therapy! You'll never know what really caused the row, but cats are territorial, so it was probably something to do with who was on whose turf. It's smart that you separated the two, giving them each their own zone. To eventually get them to be friends again, here's my trick: Start slowly re-familiarizing each cat with the scent of the other. So take a blanket that you keep upstairs and bring it down, and vice versa. That can help your cats ease into the idea of each other, without rushing into a face-to-face reunion.



NexGard
(afoxolaner) Chewables

CAUTION: Federal (USA) law restricts this drug to use by or on the order of a licensed veterinarian.

Description: NexGard (afoxolaner) is available in four sizes of beef-flavored, soft chewables for oral administration to dogs and puppies according to their weight. Each chewable is formulated to provide a minimum afoxolaner dosage of 1.14 mg/lb (2.5 mg/kg). Afoxolaner has the chemical composition 1-Naphthalenecarboxamide, 4-[5-[3-chloro-5-(trifluoromethyl)-phenyl]-4, 5-dihydro-5-(trifluoromethyl)-3-isoxazolyl]-N-[2-oxo-2-[(2,2,2-trifluoroethyl)amino]ethyl].

Indications: NexGard kills adult fleas and is indicated for the treatment and prevention of flea infestations (*Ctenocephalides felis*) and the treatment and control of Black-legged tick (*Ixodes scapularis*), American Dog tick (*Dermacentor variabilis*), and Lone Star tick (*Amblyomma americanum*) infestations in dogs and puppies 8 weeks of age and older, weighing 4 pounds of body weight or greater, for one month.

Dosage and Administration: NexGard is given orally once a month, at the minimum dosage of 1.14 mg/lb (2.5 mg/kg).

Dosing Schedule:

Body Weight	Afoxolaner Per Chewable (mg)	Chewables Administered
4.0 to 10.0 lbs.	11.3	One
10.1 to 24.0 lbs.	28.3	One
24.1 to 60.0 lbs.	68	One
60.1 to 121.0 lbs.	136	One
Over 121.0 lbs.	Administer the appropriate combination of chewables	

NexGard can be administered with or without food. Care should be taken that the dog consumes the complete dose, and treated animals should be observed for a few minutes to ensure that part of the dose is not lost or refused. If it is suspected that any of the dose has been lost or if vomiting occurs within two hours of administration, redose with another full dose. If a dose is missed, administer NexGard and resume a monthly dosing schedule.

Flea Treatment and Prevention:

Treatment with NexGard may begin at any time of the year. In areas where fleas are common year-round, monthly treatment with NexGard should continue the entire year without interruption.

To minimize the likelihood of flea reinfestation, it is important to treat all animals within a household with an approved flea control product.

Tick Treatment and Control:

Treatment with NexGard may begin at any time of the year (see **Effectiveness**).

Contraindications:

There are no known contraindications for the use of NexGard.

Warnings:

Not for use in humans. Keep this and all drugs out of the reach of children. In case of accidental ingestion, contact a physician immediately.

Precautions:

The safe use of NexGard in breeding, pregnant or lactating dogs has not been evaluated. Use with caution in dogs with a history of seizures (see **Adverse Reactions**).

Adverse Reactions:

In a well-controlled US field study, which included a total of 333 households and 615 treated dogs (415 administered afoxolaner, 200 administered active control), no serious adverse reactions were observed with NexGard.

Over the 90-day study period, all observations of potential adverse reactions were recorded. The most frequent reactions reported at an incidence of > 1% within any of the three months of observations are presented in the following table. The most frequently reported adverse reaction was vomiting. The occurrence of vomiting was generally self-limiting and of short duration and tended to decrease with subsequent doses in both groups. Five treated dogs experienced anorexia during the study, and two of those dogs experienced anorexia with the first dose but not subsequent doses.

Table 1: Dogs With Adverse Reactions.

	Treatment Group			
	Afoxolaner		Oral active control	
	N ¹	% (n=415)	N ²	% (n=200)
Vomiting (with and without blood)	17	4.1	25	12.5
Dry/Flaky Skin	13	3.1	2	1.0
Diarrhea (with and without blood)	13	3.1	7	3.5
Lethargy	7	1.7	4	2.0
Anorexia	5	1.2	9	4.5

¹Number of dogs in the afoxolaner treatment group with the identified abnormality.

²Number of dogs in the control group with the identified abnormality.

In the US field study, one dog with a history of seizures experienced a seizure on the same day after receiving the first dose and on the same day after receiving the second dose of NexGard. This dog experienced a third seizure one week after receiving the third dose. The dog remained enrolled and completed the study. Another dog with a history of seizures had a seizure 19 days after the third dose of NexGard. The dog remained enrolled and completed the study. A third dog with a history of seizures received NexGard and experienced no seizures throughout the study.

To report suspected adverse events, for technical assistance or to obtain a copy of the MSDS, contact Merial at 1-888-637-4251 or www.merial.com/nexgard. For additional information about adverse drug experience reporting for animal drugs, contact FDA at 1-888-FDA-VETS or online at <http://www.fda.gov/AnimalVeterinary/SafetyHealth>.

Mode of Action:

Afoxolaner is a member of the isoxazoline family, shown to bind at a binding site to inhibit insect and acarine ligand-gated chloride channels, in particular those gated by the neurotransmitter gamma-aminobutyric acid (GABA), thereby blocking pre- and post-synaptic transfer of chloride ions across cell membranes. Prolonged afoxolaner-induced hyperexcitation results in uncontrolled activity of the central nervous system and death of insects and acarines. The selective toxicity of afoxolaner between insects and acarines and mammals may be inferred by the differential sensitivity of the insects and acarines' GABA receptors versus mammalian GABA receptors.

Effectiveness:

In a well-controlled laboratory study, NexGard began to kill fleas four hours after initial administration and demonstrated >85% effectiveness at eight hours. In a separate well-controlled laboratory study, NexGard demonstrated 100% effectiveness against adult fleas 24 hours post-infestation for 35 days, and was > 93% effective at 12 hours post-infestation through Day 21, and on Day 35. On Day 28, NexGard was 81.1% effective 12 hours post-infestation. Dogs in both the treated and control groups that were infested with fleas on Day -1 generated flea eggs at 12- and 24-hours post-treatment (0-11 eggs and 1-17 eggs in the NexGard treated dogs, and 4-90 eggs and 0-118 eggs in the control dogs, at 12- and 24-hours, respectively). At subsequent evaluations post-infestation, fleas from dogs in the treated group were essentially unable to produce any eggs (0-1 eggs) while fleas from dogs in the control group continued to produce eggs (1-141 eggs).

In a 90-day US field study conducted in households with existing flea infestations of varying severity, the effectiveness of NexGard against fleas on the Day 30, 60 and 90 visits compared with baseline was 98.0%, 99.7%, and 99.9%, respectively. Collectively, the data from the three studies (two laboratory and one field) demonstrate that NexGard kills fleas before they can lay eggs, thus preventing subsequent flea infestations after the start of treatment of existing flea infestations.

In well-controlled laboratory studies, NexGard demonstrated >94% effectiveness against *Dermacentor variabilis* and *Ixodes scapularis*, 48 hours post-infestation, and against *Amblyomma americanum* 72 hours post-infestation, for 30 days.

Animal Safety:

In a margin of safety study, NexGard was administered orally to 8- to 9-week-old Beagle puppies at 1, 3, and 5 times the maximum exposure dose (6.3 mg/kg) for three treatments every 28 days, followed by three treatments every 14 days, for a total of six treatments. Dogs in the control group were sham-dosed. There were no clinically-relevant effects related to treatment on physical examination, body weight, food consumption, clinical pathology (hematology, clinical chemistry, or coagulation tests), gross pathology, histopathology or organ weights. Vomiting occurred throughout the study, with a similar incidence in the treated and control groups, including one dog in the 5x group that vomited four hours after treatment.

In a well-controlled field study, NexGard was used concomitantly with other medications, such as vaccines, anthelmintics, antibiotics (including topicals), steroids, NSAIDs, anesthetics, and antihistamines. No adverse reactions were observed from the concomitant use of NexGard with other medications.

Storage Information:

Store at or below 30°C (86°F) with excursions permitted up to 40°C (104°F).

How Supplied:

NexGard is available in four sizes of beef-flavored soft chewables: 11.3, 28.3, 68 or 136 mg afoxolaner. Each chewable size is available in color-coded packages of 1, 3 or 6 beef-flavored chewables.

NADA 141-406, Approved by FDA

Marketed by Frontline Vet Labs™, a Division of Merial Limited.

Duluth, GA 30096-4640 USA

Made in Brazil.

1050-4493-02

Rev. 4/2014

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FRONTLINE VET LABS

Chew on this fleas & ticks



NexGard® from the makers of FRONTLINE® Plus.
The only soft, beef-flavored chew for dogs that kills both fleas and ticks.

And it keeps killing for a full 30 days. Fleas and ticks hate it.
Vets recommend it.¹ And dogs, well, they're begging for it.²

For more information, ask your vet or visit NexGardForDogs.com.

IMPORTANT SAFETY INFORMATION

NexGard is for use in dogs only. The most frequently reported adverse reactions include vomiting, dry/flaky skin, diarrhea, lethargy, and lack of appetite. The safe use of NexGard in pregnant, breeding or lactating dogs has not been evaluated. Use with caution in dogs with a history of seizures.

1. Data on file at Merial.

2. Data on file at Merial.

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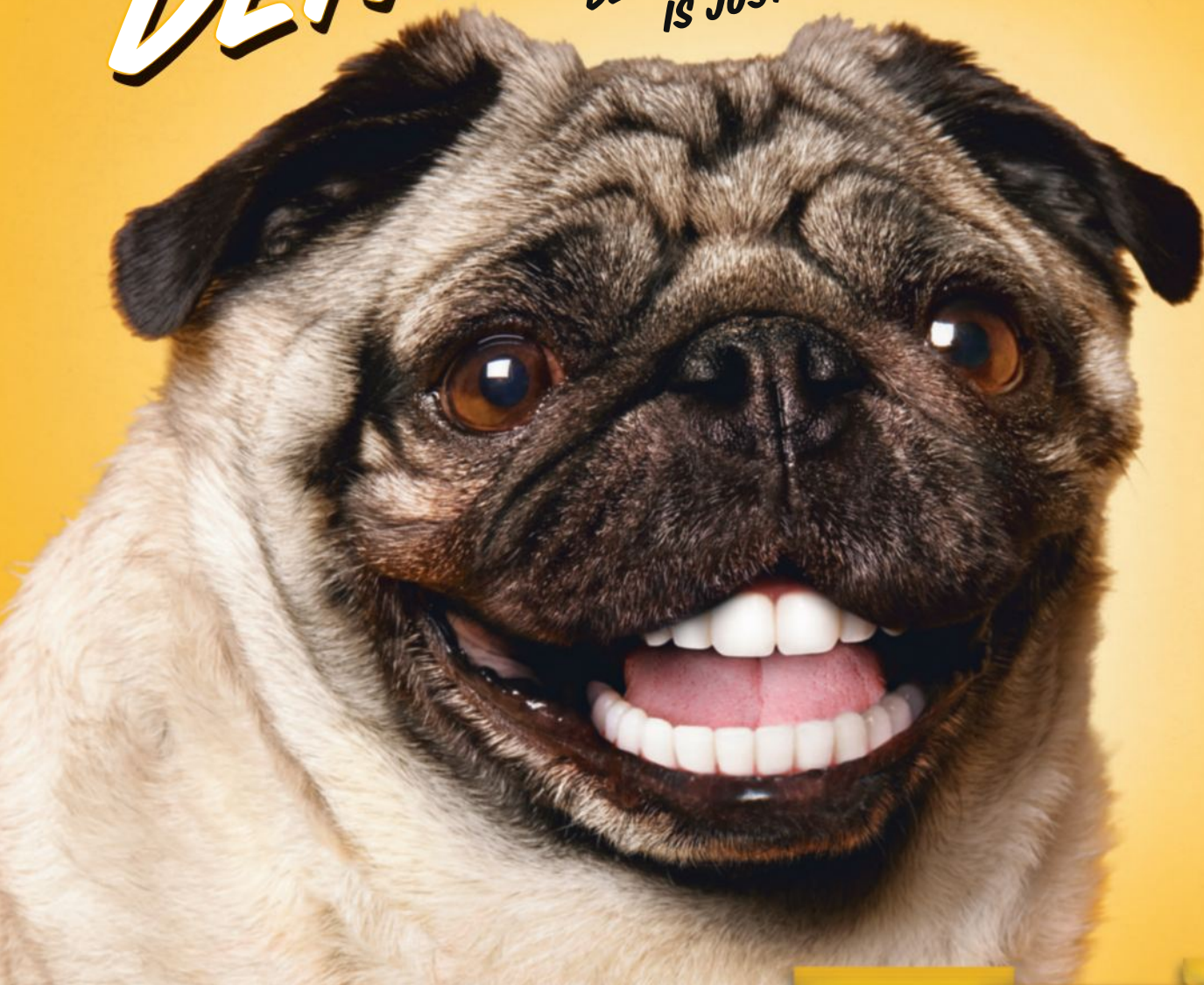
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From the makers of FRONTLINE® Plus.

TRY... DOGGIE DENTURES!

BECAUSE BRUSHING
IS JUST TOO HARD.



Or, better yet, try DENTASTIX.™

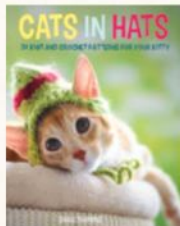
If tartar buildup is causing your dog's bad breath, try DENTASTIX,™ the dog treat that's clinically proven to help reduce tartar buildup. Pedigree.com/Dentastix



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KNIT A HAT FOR YOUR CAT

Dress Kitty up for some prehistoric play or a day at the ball game with these easy-to-make toppers



The cool caps on these pages are just two of the designs in *Cats in Hats* (\$17; at booksellers).

DINOSAUR

SKILL LEVEL
Beginner

SIZE
To fit an
average
adult cat

EAR OPENING
2½ inches

**WIDTH OF HAT
BETWEEN EARS**
2½ inches

Adapted from
Cats in Hats
©2015 Sara Thomas,
Running Press, a
member of the
Perseus Books Group

SUPPLIES

25 yards bulky weight yarn
in A (green)

10 yards worsted weight yarn
in B (orange)

Size 7 (4.5-millimeter) knitting
needles

Size 5 (3.75-mm) knitting needles

Size F5 (3.75-mm) crochet hook

Yarn needle

BASE

Using yarn A and size 7 (4.5-mm)
needles, cast on 3 sts, leaving a
25" tail.

Row 1: Knit. **Row 2:** Kfb, k to last
st, kfb. (5 sts)

Rep last two rows five more
times. (15 sts)

FIRST EAR HOLE

Row 13: K3, bind off next 10 sts,
k last st. **Row 14:** K2, cast on
10 sts, k3. (The 3 st side is the
front of the hat.)

MIDDLE SECTION

Knit 16 rows.

SECOND EAR HOLE

Row 31: K3, bind off next 10 sts, k
last st. **Row 32:** K2, cast on 10 sts,
k3. **Row 33:** Knit. **Row 34:** K2tog,
k to last 2 sts, k2tog. (13 sts)

Rep last two rows five more
times. (3 sts) Bind off, leaving
a 25" tail.

To create ties, use crochet
hook and 25" tail, pull a loop
through each stitch on bind-
off edge (3 loops), yo, pull
one loop through, work 25ch,
pull end through loop tightly,
and snip extra yarn. Repeat
with other 25" tail.

SPIKES (MAKE 3)

Using yarn B and size 5
(3.75-mm) needles, cast on 8 sts.

Rows 1–3: Knit. **Row 4:** K2tog,
k4, k2tog. (6 sts) **Rows 5–7:** Knit.

Row 8: K2tog, k2, k2tog. (4 sts)


Row 9: Knit. **Row 10:** [K2tog]
twice. (2 sts) **Row 11:** K2tog.

Fasten off, leaving a 6" tail.

ASSEMBLY

Turn the spikes so that the
cast-on and bind-off tails are at
the bottom. The lower edge with
both tails is the edge you sew
to the hat base.

Starting at the center front of
the base, stitch the lower edge
of the first spike into place. Weave
in both ends to underside of hat
and secure. Repeat with other
spikes, following center of hat
and stitching into lower edge.


SCAN THE
PHOTO
BELOW TO
BUY THE
CATS IN HATS
BOOK.
See page 2.

Dog breath, prepare yourself.



Try DENTASTIX™

Fresh Bites and Fresh Biscuits.

Two NEW minty treats that help reduce
tartar buildup and freshen your dogs
breath. Pedigree.com/Dentastix

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SPORTS CAP

SKILL LEVEL

Beginner

SIZE

To fit a small
adult cat

EAR OPENING

2 inches

WIDTH OF HAT BETWEEN EARS

2 inches

SUPPLIES

15 yards worsted weight
yarn in A (red)

15 yards worsted weight
yarn in B (white)

15 yards worsted weight
yarn in C (blue)

Size 7 (4.5-mm) knitting
needles

Size G6 (4-mm) crochet
hook

Yarn needle

BASE

Using yarn A, cast on
3 sts, leaving a 25" tail.

Row 1: Knit. **Row 2:** Kfb,
k to last st, kfb. (5 sts)

Rep last two rows five
more times. (15 sts)

FIRST EAR HOLE

Row 13: K2, bind off next
11 sts, k last st. **Row 14:**
K2, cast on 11 sts, k2.

MIDDLE SECTION

Knit one row. Change
to yarn B. Knit 14 rows.
Change to yarn C. Knit
one row.

SECOND EAR HOLE

Row 31: K2, bind off next
11 sts, k last st. **Row 32:** K2,
cast on 11 sts, k2. **Row 33:**
Knit. **Row 34:** K2tog, k to
last 2 sts, k2tog. (13 sts)

Rep last two rows five
more times. (3 sts) Bind
off, leaving a 25" tail.

To create ties, use crochet
hook and a 25" tail. Pull a
loop through each stitch
on bind-off edge (3 loops),
yo, pull one loop through,
work 25ch, pull end
through loop tightly, and
snip extra yarn. Repeat
with other 25" tail.



FINALLY, A LIGHTWEIGHT LITTER THAT DOESN'T ACT LIGHTWEIGHT.



NEW ARM & HAMMER™ CLUMP & SEAL™ LIGHTWEIGHT

- **7-DAY** ODOR CONTROL
- **50% LIGHTER***
- **100% DUST FREE**





OUR EXPERT
**MARGARET
MAGNARELLI**,
executive editor,
Money

Smart Money Advice

Sock away more savings with our savvy finance tips

Avoid this costly mortgage mistake

When you're buying a home, every dollar counts. Yet a new government report finds that 47 percent of home purchasers

consider only one lender—potentially costing themselves some serious money. Interest rates can vary by 0.5 percent between banks. That might not sound like much but, as the chart at right shows, it adds up. Search for “check interest rates for your

\$250,000 30-YEAR FIXED-RATE LOAN

@ 4.2% = **\$1,223**
A MONTH

@ 3.7% = **\$1,151**
A MONTH

SAVE
\$25,920
DURING THE
MORTGAGE
TERM.

\$72
A MONTH

situation” at cfpb.gov, and use the tool as a guide, then secure at least three quotes.

GET A DEAL ON WHEELS

In the market for a new car? Go green to save big. With gas prices relatively low, auto buyers are turning their back on fuel-sipping compacts, subcompacts and hybrids in favor of gas-gulping SUVs and crossovers. Reduced demand for greener cars means discounts. Even better: Manufacturer incentives on new hybrid cars have increased, from \$1,925 on average last year to \$2,600 this year. The same economic forces can help you do better on pre-owned cars in those categories, too.



Sources: Jeremy Acevedo, analyst at edmunds.com; Amanda Augustine, career management expert with TheLadders; Karl Brauer, senior analyst at Kelley Blue Book; Wells Fargo/Gallup Investor and Retirement Optimism Index

PREP NOW FOR A CAREER MOVE

As we near the halfway point of 2015, take a moment to reflect on your successes at work this year—and start preparing your “brag sheet.” Compiling a list of your accomplishments now can help you be ready when it's time to ask for a raise or look for a new job. Start with major wins, quantifying each result as much as possible (the value of a big sale; what you saved the company in sourcing purchases). Include dates and staff involved.

Also note praise received, whether from clients, colleagues or superiors—even LinkedIn recommendations. Add your performance review to remind you where your boss saw you shine, then set a date three months from now to update this resource.



\$250

Average amount more per month workers thought they could be saving for retirement if they made a serious

effort. **Putting that much extra away for 20 years would plump your nest egg by \$114,000**, given a 6 percent average annual return.

Coffee-Break Fun

Sip a cup of joe and enjoy these brainteasers

Sudoku Complete the grid by placing a number in each box. Your goal is to make each row, column and small nine-box square contain the numbers one through nine exactly once.

				4	7	5	8	
5					2	6		
	8					2		
3	2		6				5	
				5				
	9				1		2	6
		8					7	
		3	4					9
	1	4	5	7				

Futoshiki Each column and row must contain the numbers one through five. The values of adjacent boxes must obey the given greater-than (>) and less-than (<) signs.

				>	2
v					^
	<				
			^		
		<	4	>	
		^			
					<
v		v			
	>		>		

Crossword

ACROSS

1. Heidi's peak
4. Fairy-tale monster
8. Splotch
12. Coral or Dead
13. Clued, Pictionary-style
14. Actor's pursuit
15. Detect
17. Diva's tune
18. Guitarlike instrument
19. Trivial
20. Type of wheat
23. Battery liquid
25. Wish ____ a Star
26. Coalition
27. Off at a distance
30. Slow, in music
32. Do a cobbler's job
34. Put on
35. Marginal
37. Very large
38. Mollusk
39. Rice dish
40. Blaze

DOWN

1. Cleopatra's destroyer
2. Sheltered shore
3. Duffer's goal
4. Theater
5. True ____
6. Uncover
7. Ram's mate
8. Interweave
9. Bereft, to Browning
10. Miscellany
11. Eye water
16. Adhered

19. Grimalkins' prey
20. Pair
21. French twist, e.g.
22. Red horse
24. Bulblike base
26. South American lasso
27. Rotten
28. Pond-scum ingredient
29. Atoll feature
31. Bit of land
33. Bake eggs
36. Pierce
38. Mob
39. Black tea
40. Auto trouble
41. Backyard dryer
42. Prayer's last word
44. Formerly, of old
46. Beaver construction
47. Uneven
48. ____ Day at a Time
49. Carnivore's mouth

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
			18					19				
20	21	22				23	24					
25					26					27	28	29
30				31			32		33			
34				35		36			37			
			38					39				
40	41	42				43	44					
45					46					47	48	49
50					51					52		
53					54					55		

* Solutions on page 95

Picture Puzzle

CATCH OF THE DAY This picture puzzle is looking a little fishy. Can you find the 12 changes in the photos below without getting schooled?



A
—
B
—
C
—
D
—
E

1 | 2 | 3 | 4 | 5



WANT MORE PUZZLES? LIFE picture puzzle books are available at bookstores and online retailers. Check out life.com/books/puzzle and collect the entire series.

Just for You

SECRET WEAPONS OF THE MODERN HOUSEHOLD



THE TRUSTED BRANDS for professional strength, high performance adhesives. **E6000** products have exceptional strength and toughness. They are versatile, flexible and adhere to most everything!

FABRI-FUSE provides exceptional adhesion for general fabric applications. Its extreme flexibility and stretch will allow fabric to stay flexible — even after multiple washings. It bonds permanently, dries clear and is acid-free with virtually no odor!



Flexible adhesion for fabric applications.

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* Solution on page 95



OUR EXPERT
SUZANNE
GERBER

Your Horoscope

See what the stars have in store for you in May



TAURUS (April 21–May 21)

May is all about you, with the sun, motivational Mars and a new moon of fresh starts teamed up in Taurus. Don't feel guilty about splurging on yourself with a spa day, new spring clothes or a weekend getaway. Your ruling planet, Venus, enters your communication zone on the 7th. You've got a message: Let it out!



SCORPIO (Oct. 24–Nov. 22)

Partnerships become top priority, thanks to Mars tag-teaming the sun in your relationship realm. A new moon on the 18th brings prospective candidates for singles and an opportunity for couples to rekindle the spark. That same day Mercury turns retrograde for three weeks, so be careful not to say anything you might regret!



GEMINI (May 22–June 21)

Your cosmic ruler, expressive Mercury, is opposing Saturn in your relationship realm. If you and a partner aren't on the same page, address the issue early in the month. On the 18th, Mercury turns retrograde for three weeks, jamming the signals. But a new moon that same day helps you dream up plans for a project or business venture!



SAGITTARIUS (Nov. 23–Dec. 21)

With Mars and the sun in your house of work and service, take the time to research things thoroughly. After the 20th, those two powerhouses team up with expressive Mercury in your relationship corner. Spend more time with your partner (or double down in the dating game), but don't be an oversharer. Your words could come back to haunt you.



CANCER (June 22–July 22)

Your social life takes an exciting turn, as the sun and electrifying Mars light up your friendship sphere of influence. With charming Venus in Cancer after the 6th, people will flock to you, and a new moon on the 18th brings unexpected invites to your in-box. After the 20th, the sun retreats into your imagination zone, and unbridled creativity flourishes!



CAPRICORN (Dec. 22–Jan. 20)

Your creativity and organizational skills win you high praise at work, thanks to a quartet of planets in those sections of your chart. An exciting opportunity could present itself on the 18th, during a new moon in fiscally savvy Taurus. But be patient: Communicator Mercury turns retrograde that day, so there could be a three-week delay.



LEO (July 23–Aug. 22)

Get ready to advance! You might step up a rung on the corporate ladder, thanks to your ruler, the sun, in your field of career success. Along for the ride until the 11th is go-getter Mars—plus there's a new moon on the 18th, signaling new opportunities. Want to change jobs? Don't be shy about reaching out to old colleagues and super-connectors.



AQUARIUS (Jan. 21–Feb. 18)

A full moon dazzles in your career corner on the 3rd. You can get a leg up on the competition by beating a deadline or pitching a hot new prospect. If you've wanted a home office or workout space, get busy: The sun and industrious Mars are in your domestic sphere, and a new moon on the 18th brings a mother lode of clever ideas.



VIRGO (Aug. 23–Sept. 22)

Your charisma and ability to communicate complex ideas will get you noticed! Diplomatic Venus and your ruler, Mercury, are together in your career corner, joined later in the month by passionate Mars and the radiant sun. But when Mercury turns retrograde on the 18th for three weeks, it's better to hold your tongue than to wag it.



PISCES (Feb. 19–March 20)

With Saturn stalled in your work zone, expressive Mercury going retrograde in your domestic sector on the 18th and a new moon lighting up your travel corner, why not take a fun road trip? You won't have to go far to recharge your batteries. If you can't get away, stimulate your senses with an at-home foreign film fest!



LIBRA (Sept. 23–Oct. 23)

A collaborative project might stall when expressive Mercury turns retrograde on the 18th, but things will be sailing full speed ahead by June. On the 7th, your ruling planet, Venus, brightens your professional zone and brings exciting news. If you're looking to make a big shift, you'll get your chance once Venus opposes transformative Pluto on the 22nd.



ARIES (March 21–April 20)

Cash is king, and you'll be fit to rule as your guardian planet, Mars, lights up your money zone until the 11th. It's orbiting with the sun, making this a great time for a splurge you'll enjoy for years to come. On the 15th, Mars enters your communication corner and opposes rigid Saturn. If you need to clear the air with someone, do it now!

Enter at allyou.com for a Chance to Win Great Prizes!

15% OFF
any arrangement
of \$50 or more
CODE: **ALLYOU**
BLOOMNATION15
EXPIRES:
5/22/15



**\$100
VALUE**

This month, ALL You wants to make Mom's day special

6

READERS WILL WIN...

a BloomNation e-gift card

With a \$100 gift code from bloomnation.com, the self-described "Etsy for flowers," you can send Mom a gorgeous bouquet from one of more than 3,000 top florists nationwide, including Back Bay Florist in Boston, which created this garden-rose arrangement.

**\$150
VALUE**



5

READERS WILL WIN...

a Nescafé Dolce Gusto Melody 3

Transport your mother from her kitchen to her favorite coffeehouse with the Melody 3. It brews barista-quality beverages, including creamy lattes and frothy cappuccinos, in less than a minute.

10

READERS WILL WIN...

a Plum Vida/Juice Beauty prize package

Keep your mom refreshed with Plum Vida fruit-and-veggie-blend pouches (Pear Kale Spinach Celery, Cherry Berry Beet Ginger and Pineapple Carrot Mint) and skin-care essentials from Juice Beauty, including a green apple peel, a hydrating mist and a moisturizer.



**\$100
VALUE**

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"Coffee-Break Fun," p. 92

SUDOKU

6	3	2	9	4	7	5	8	1
5	4	7	8	1	2	6	9	3
1	8	9	3	6	5	2	4	7
3	2	1	6	9	4	7	5	8
8	7	6	2	5	3	9	1	4
4	9	5	7	8	1	3	2	6
2	6	8	1	3	9	4	7	5
7	5	3	4	2	8	1	6	9
9	1	4	5	7	6	8	3	2

FUTOSHIKI

3	1	5	4	>	2
v					^
2	<	5	3	1	4
		^			
1	2	<	4	>	3
		^			
5	4	1	2	<	3
v	v				
4	>	3	>	2	5
					1

CROSSWORD

ALP	O	G	R	E	B	L	O	T
SEA	D	R	E	W	R	O	L	E
P	E	R	C	E	I	V	E	A
L	U	T	E	M	I	N	O	R
D	U	R	U	M	A	C	I	D
U	P	O	N	B	L	O	G	F
A	D	A	G	I	O	R	E	S
D	O	N	S	L	I	M	H	I
F	L	A	R	E	P	E	E	R
L	I	M	O	D	A	R	K	R
A	N	E	W	A	L	S	O	D
T	E	N	D	M	E	T	E	D

PICTURE PUZZLE, p. 93

No. 1 (A2): Something menacing this way comes. No. 2 (A3 to B3): A yellow butterfly fish has gone missing. No. 3 (B1): This fish is swimming in the wrong direction. No. 4 (B4): The missing fish moved over here, probably trying to hide from the shark. No. 5 (B5): This school of fish has added some pupils. No. 6 (C1): There is a new orange fish where the little black-and-white one was. No. 7 (C5 to D5): This fish is missing a stripe. Nos. 8 and 9 (D2): A clown fish adds comic relief, and a blue cheek has turned orange. No. 10 (E1 to E2): The sea anemone adds a splash of pink to the scene. No. 11 (E4): A sea horse trots out to investigate the anemone. No. 12 (E5): This crevice is looking a bit crabby.

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Getting Past the Mom Guilt



"Fixing it wasn't just about being Hero Mommy. It was about the return to reality, the one in which I don't spend enough time with my kids."

It was broken, just like I knew it would be.

On the last day of my family's Florida vacation, I bought my daughter, Sabrina, a little shell fisherman, with googly eyes and a blue fish hanging from a pole. "Wow, Mommy, *it's made of all shells!*" she marveled. She's 10, and I'm glad she still has that sense of wonder (although she also has mastered the Eye Roll).

Cut to unpacking at 10:30 p.m. on a Friday. I find the shell creature in a tote; its right arm and head are dismembered. The left arm is dangling by a thread of glue. "Sweetie, it's broken," I said. "You have to be careful when you pack delicate things."

Her face crumpled. "I didn't know!" she wailed. I felt terrible. I had a huge pile of laundry and a stack of mail to contend with, but I grabbed the super glue. I was going to bring the shell creature back to life.

I counted to 50, then 100. A few more tries and the glue held. "Thank you, Mommy!" Sabrina said, smiling. Then: "The head and arms are on backward." She added, reassuringly, "Nobody can tell."

Oh, but I could tell. I started over.

11 p.m.: No matter what, the creature's head and arms won't stay put. I curse at it.

11:25: Resentment hits. Why was I up late doing shell-creature surgery? My husband would not have gotten around to it, given the 300,000 things on his fix-it list. Why was I the only one worrying about the little things?

Why was I the one staying up until all hours handling stuff for our family? *Whywhywhy?* (This is when I took a little wine break.)

11:40: Got it! I prop the shell creature against a canister to dry. When I grab a roll of paper towels from the basement—another task only I ever do—and slam the door, however, the fisherman's head rolls off and an arm clatters onto the counter. Argh!

11:50: Turns out that if you google "How to make a shell fisherman," you get recipes for making fish tacos.

Yet I couldn't give up. Fixing it wasn't just about being Hero Mommy. It was about the return to reality, in which I work too much and don't spend enough time with my kids. The one in which Sabrina reminds me to send in a school form I forgot. The one in which she says, "Mommy, you're always looking at your phone!" This was about the guilt I usually repress that came to life in the form of a shell creature staring at me with its beady little eyes.

Finally, the creature was whole once more. I placed it on Sabrina's desk and kissed her cheek, and then, at 12:15 a.m., I did what most mothers would do: I went back to unpacking.



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